



April 2 – Eyes Down, Risk Up

<p>Saw a customer’s employee walking up the stairs while scrolling his phone.</p>	<p>Asked him to stay off his phone while walking around the plant to avoid trips.</p>
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A worker was seen walking up the stairs while focused on their phone. His attention wasn’t on the steps, the handrail, or what was in front of him it was on the screen.

Nothing happened. No trip. No fall.

But that’s what makes this one dangerous.

Movement on a jobsite isn’t passive. It requires constant awareness footing, elevation changes, obstacles, and other people moving around you. When attention shifts away, even for a few seconds, that awareness disappears.

Phones don’t feel like hazards. They feel normal. They feel harmless.

But they pull focus completely. And when your focus drops, your ability to react drops with it.

It only takes one missed step, one unseen object, or one moment of imbalance to turn a routine walk into an injury.

This wasn’t about not knowing better. It was about attention being somewhere else.

Hazards

- Slip, trip, and fall on stairs
- Missing steps or uneven footing
- Failure to use handrails
- Collision with people or objects
- Delayed reaction to changing conditions
- Reduced situational awareness

Stats

- Slips, trips, and falls are one of the leading causes of workplace injuries
- A large percentage of fall incidents occur during routine walking tasks
- Distraction significantly increases the likelihood of missteps and falls
- Stairs are a common location for serious fall injuries

Words of Wisdom

- Where your eyes go, your body follows
- Movement requires attention not multitasking
- What feels quick can turn into a long recovery

Pause and Think

Distraction doesn’t feel dangerous in the moment. It feels efficient like you’re getting two things done at once. But attention doesn’t split evenly. It shifts. And when it shifts away from your surroundings, you’re no longer fully in control of your movement.

- Do I ever check my phone while walking through the plant?
- Am I fully aware of my surroundings when I’m moving?
- Am I using handrails and watching my footing every time?
- Would I correct someone else doing the same thing?