



Interruptions can slow you down, hinder your concentration and increase stress. They can also lead to mistakes and errors. Whether you work in a clinical or office setting, ensuring personal and patient safety should be your focus every day.



ACTIVITY: This month take 5 minutes in your next huddle or safety walk-around to ask your co-workers about workplace distractions. What tasks are most likely to result in injury or errors if interrupted? Create a list and brainstorm solutions to mitigate those distractions. Or better yet, create a team safety project!

TIPS TO AVOID DISTRACTIONS:



Create a no-talk zone. Many teams have created distraction-free zones by designating a special area in the department, wearing colored sashes or even donning special hats, as a way to let co-workers know they are performing high-risk tasks such as filling a pharmacy order or dispensing medication.



Be self-aware. Stop and observe before you interrupt. Can your request wait until the person is free to talk? Write a note and deliver it later if necessary.



Watch where you're going. Walking while using a cell phone or reading paperwork can lead to accidents. Focus on your environment to stay distraction-free.