

***Safety is a Family Value!***

***I promise myself & my family I will work safely today!***

**Daily Safety Emphasis**



**Gulf Coast  
Safety Council**



**RESPONSIBLE CARE®**  
OUR COMMITMENT TO SUSTAINABILITY

## ***Mental Distractions from Work!***

### **Mental Distractions from Work:**

- Have a bad day at home and worrying about it at work is a hazardous combination.
- Driving to work can cause mental fatigue from road rage individuals
- Dropping your “mental” guard can pull your focus away from safety work procedures.
- You can also be distracted when you’re busy working and a friend comes by to talk while you are trying to work.
- Don’t become a statistic because you took your eyes off the machine” just for a minute”.
- Thinking about what you will do when you get off today can cause mental distractions

**Be SMART use the best safety tool you have:**

**“THE BRAIN”**