



Safety Message of the Day for IMEA Members



Being Present in the Moment Safety Message

There are many things going on around us in our physical environment as well as distractions occupying our minds at any given time. With all of the challenges and noise we face in today's world, it is difficult to be truly present in the moment we are in. This can be especially true at work. It is important to realize when our focus, attention, or mind is not fully present in the moment while completing a work task.

What does it mean to be truly present? For the purpose of this talk, we are discussing where our focus and attention is in a given moment. All too often we are physically present somewhere, but our focus and attention are not. We have all been there. Whether it is during a safety meeting or when driving home, we zone out and quickly realize we have no clue what was said in the safety meeting, or with the snap of a finger we are home but have no recollection of the drive. This kind of disconnect from the present moment can be extremely dangerous when at work.

How to be Present

There are many reasons why we may not be present in any given moment. As individuals, we vary greatly, but a few quick tips may help you be more in the moment the next time you find your mind wandering.

1. Take note of how well you are focusing and where your mind is at.
2. When you are part of a discussion or receiving directions make sure that you are actively listening to the person speaking.
3. Eliminate distractions from the physical work area.
4. Eliminate any personal issues that are causing your mind to wander whenever possible.

Summary

It can be challenging to truly be present at work. Distractions, long hours, health issues, family problems, stress, etc. all plague us and our ability to be fully present in our work. It is only possible through recognizing where our focus and attention is and from there deciding to take the necessary steps to try to be more present in the moment we are in.