**PREVENTING INJURIES THAT STOP YOU IN YOUR TRACKS**

**CONTROLL ATTENTION:**
1. **STOP** multitasking - your mind leads the body
2. Scan your environment - what you see, hear, smell or feel
3. Minimize external distractions - unplug cell phones, car radio, and other people
4. Be aware of high emotions and your stress level - results in tunnel vision
5. Take frequent breaks from work to reduce fatigue
6. Adjust your plan to adapt to input of new conditions
7. Maintain physical activity for joint and muscle balance

**HOW THEY HAPPEN:**
- SLIPS, TRIPS, and FALLS
- LADDERS
- VEHICLE ACCIDENTS

**DID YOU KNOW?**
“Roger Sperry, M.D., Nobel Prize winner contends that more than 90% of the brains activity is dedicated to maintaining balance.”
Robert Pater

**PLAN AND ACT WITH CONTROLLED ATTENTION WHEN PERFORMING EVEN A SIMPLE TASK TO PREVENT INJURIES AT HOME OR WORK:**
1. PLAN THE JOB
2. CLEAR A PATH FIRST WHEN PLANNING TO MOVE THINGS
3. CLEAR ROOM TO WORK
4. GO AROUND OBSTACLES NOT OVER
5. ALLOW ROOM TO REPOSITION
6. CHOOSE THE RIGHT TOOLS OR EQUIPMENT FOR THE JOB
7. GET HELP IF NEEDED
8. BE MINDFUL AND FOCUS ON THE JOB AT HAND—ONE STEP AT A TIME.