



## SAFETY ALERT: DISTRACTION

Distraction means that something is asking for your attention, causing you to have less attention for the task you are executing. Often, we label this as 'multi-tasking', which is actually just a term for 'spreading your attention'. This means you are not completely focused on the task. Distraction is everywhere around us. For example, a phone, the tv, messages on social media, app messages or sending an email during navigation can be a big distraction. Usually we manage this well, but danger lies when we are not alert in our activities or surrounding. This can have severe consequences on the safety. Below some possible dangers and measures to think about and discuss.



### POSSIBLE DANGERS

- Collision and allisions
- Grounding
- Tripping and falling
- Not (being able to) listening to VHF, and as a result important information is missed.
- Incidents during loading/discharging activities
- Forgetting to do a checkup round

### MEASURES

- When people around you are distracting, send them away or request them to be silent during the activity.
- Focus on 1 task. Multitasking (performing multiple actions or processes at the same time) is actually only dividing the attention, so that you are unconcentrated. For example, the telephone, the TV, messages from social media or sending an email may divert attention.
- Putting notifications of apps on silent, so that they do not attract attention or cause stress. Check messages at appropriate times.
- Make a distinction between private and work-related distractions.
- When something happens that distracts you, consider whether the distraction is urgent and important. When an alarm goes off, for example, it is important to respond to this. An incoming e-mail during mooring can distract and lead to dangerous situations.
- • Be aware of matters that concern you, such as problems at home. It is of course difficult to simply not think about this, but these thoughts can distract you. Ask for help or support when this is the case.

### References/Sources:

[PZI Resilience Program](#)