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Focus

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Focus and concentration can be difficult to master. Most people want to learn how to improve focus and boost concentration, but are they actually doing it? We live in a crazy world and constant distractions can make focusing difficult.

Right now COVID-19 is ever present on everyone's mind and seems to be a constant distraction. We need to make sure that we take every precaution we can to prevent or eliminate the spread of this disease, but we must not lose focus on the task at hand while at work. Sometimes being caught up in the world around us, the potential for mishaps can hurt us because we are too distracted from the real and present dangers that our jobs may entail.

Focus: What It Is and How it Works

Experts define focus as the act of concentrating your interest or activity on something. This means in order to concentrate on one thing you must, by default, ignore many things.

Focus can only occur when we have said yes to one option and no to all other options. In other words, elimination is a prerequisite for focus. As Tim Ferriss said, "What you don't do determines what you can do." We cannot perform our work correctly and safely if we are being distracted by something else.

Focus doesn't require a permanent no, but it does require a present no. There is always the option to do something else later, but in the present moment focus requires that you only do one thing.

Why Can't I Focus?

Most people don't have trouble focusing, but they have trouble deciding. We are all capable of focusing if we push distractions out of the way. Have you ever had a task that you absolutely had to get done? What happened? You completed it because the deadline made the decision for you. Maybe you procrastinated beforehand, but once things became urgent and you were forced to make a decision, you took action.

When we are at work we must make the decision to focus on the task at hand. We cannot let distractions direct our thoughts and cause us to lose focus. The cost of that distraction can be injury, death, dismemberment, long-term disability, etc.

We have the power and the ability to decide what is and isn't important to us. Decide today and every day when you are at work to focus on the task at hand and make that your top priority.

