

MIND ON TASK

STAYING PRESENT



Keeping Your Attention of **Where**
Your Hands and Feet Are

Human Performance

EVERY SAFE ACTION

STARTS WITH ATTENTION



Before we move our hands, we should
Bring our mind to the task.



TODAY'S FOCUS

Understanding how attention drifts, recognizing when our mind is no longer on the work, and deliberately resetting before we continue.



ATTENTION SHIFTS

EVERY DAY



Our attention changes throughout the workday. **Recognizing** the shift helps us pause, reset and continue **safely**



FOCUSED



DISTRACTED



INTERRUPTED



AUTOPILOT



CHECK YOUR FOCUS.



Being at work does not always mean your mind is on the work.

»» | ASK YOURSELF:



What am I thinking about right now?



Am I still connected to the step in front of me?



What changed since I last checked?



PROTECT YOUR FOCUS

PROTECT YOUR CREW

Leaders create the conditions for **attention** to stay connected to the work.

Focus is protected through clear priorities, deliberate pauses and respectful check-ins

“Your crew will follow your pace.
Lead a focused crew”. Focused Leaders
Build focused crews.

» FIVE LEADER ACTIONS



SET PRIORITIES

Make the next step clear



REDUCE NOISE

Remove avoidable distractions



WATCH FOR DRIFT

Notice changed behavior



RESET TOGETHER

Reconfirm after interruptions



SUPPORT SPEAKING UP

Make focus checks safe.



RECOGNIZE IT.

RESET IT.

Awareness is the first control. Leaders
Make it safe to pause, **refocus** and
Restart correctly



NOTICE

Catch the
drift early.



PAUSE

Stop your
hands.



REORIENT

Return to
the task and
step.



CONFIRM

Recheck
conditions and
controls.



CONTINUE

Resume
deliberately.



EVERY SAFE RESTART BEGINS WITH A RESET

Leadership is shown by what we do when our **focus** breaks. Safe work resumes only after **attention**, conditions and the **next step** are re-established.

FOCUS COMMITMENTS



OWN YOUR **ATTENTION**

Notice when your focus shifts.



PAUSE YOUR **HANDS**

Stop before motion continues.



RESTART THE **PLAN**

Return to the correct step.



CHECK YOUR **PARTNER**

Ask if they are ready.



SPEAK UP **EARLY**

Protect the crew before the mistake.



STRONG FOCUS

STRONG CREW. SAFE RESULTS.



Leadership is not perfect concentration.
It's building habits that catch drift,
pause work and reset
before motion resumes

KEY TAKEAWAYS



MIND ON TASK
Connect attention
to the work.



NOTICE THE DRIFT
Catch it early.



PAUSE THE HANDS
Stop before the
mistake.



RESET THE PLAN
Reconfirm the
correct step.



HELP EACH OTHER
Make refocusing
normal.

YOUR FOCUS SETS THE PACE



Leaders protect attention for the crew.
Your priorities, interruptions and restart
habits influence **everyone** around you.



BE PRESENT

Give the task your full attention.



LIMIT DISTRACTIONS

Remove avoidable interruptions.



RESET DELIBERATELY

Recheck the step before restarting.



CHECK EACH OTHER

Make refocusing normal.



FOUR ATTENTION STATES.

FOUR SAFER RESPONSES.

Attention changes the quality of every action.
Match the state with the right response
Before work continues.



FOCUSED

Connected and deliberate.



CONTINUE
WITH THE PLAN



DISTRACTED

Attention pulled away.



PAUSE AND
REORIENT



INTERRUPTED

Sequence broken.



RESTART
THE PLAN



AUTOPILOT

Familiarity takes over.



SLOW DOWN
AND CHECK



FOCUS TODAY

GO HOME SAFE

TOMORROW

Your **attention** shapes your **actions**.
Your **actions** shape your **crew**.
Your **crew** shapes your **future**

NEXT STEPS



1. NOTICE THE DRIFT
Learn the signals.



2. PAUSE & RESET
Stop hands and
restart the plan.



3. PROTECT EACH OTHER
Make focus checks
normal.



ATTENTION IS A DAILY CHOICE

Strong focus is built in the ordinary moments
Before action begin and
after interruptions end.

You do not need perfect focus.
You need the **courage** to **pause** and **return**

OUR COMMITMENT AS LEADERS



BE PRESENT

Commitment
to the task.



BE INTENTIONAL

Pause before
action.



BE ACCOUNTABLE

Own your
attention.



BE SUPPORTIVE

Help others
refocus.



BE CONSISTENT

Reset every
time.





Any

SAFETY-RELATED CARES, QUESTIONS OR CONCERNS?



*Your voice helps make
every one of us safer.*