



## Driving Distraction Away

What distracts you can hurt you.

It's not just about driving. Is that a newly mopped floor? You could slip if you don't pay attention to the wet floor sign. You could trip in the office when you're too busy reading a message on your smartphone to see something on the floor. Falls happen when a carrier is unaware of an icy sidewalk because he or she is fingering mail while walking. If pedestrians don't heed the "don't walk" sign while crossing the street, they could get hit by a car.

The brain has a habit of thinking about unfinished tasks, urgent business and things on your to-do list. The key to overcoming distraction is to maintain your focus.

Pay attention to what you're doing and stay safe.

And that's smart safety!

For additional information or guidance, contact your safety office.