SAFETY FLASH 26-124: DISTRACTION

Distraction can occur at any time, for example by a phone call, a notification on a screen or a question from a colleague. Especially during sailing, manoeuvring and other critical activities, a brief moment of reduced attention can have major consequences.

GOOD PRACTICE

- Use navigation and support systems as a tool, but continue to actively observe the environment. Technology never replaces one's own perception and assessment.
- Transfer tasks where possible.
- Respect the concentration of colleagues during critical work. Talk to each other about distracting behavior and postpone non-urgent questions until a suitable time.
- Take regular breaks. Rest regularly to refresh your mind.
- Keep the workspace clean and organized. Clutter can be a major source of distraction.
- Plan your trip (and other activities) in advance. As a result, you can focus on the task at hand in in stead of worrying about the next step.

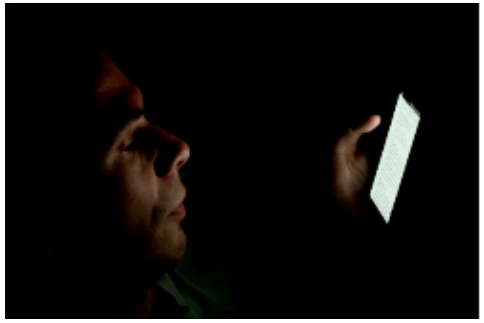


BAD PRACTICE

x Multitasking. Trying to do multiple tasks at once can lead to errors. Focus on one task at a time.
x Ignoring fatigue. Ignoring signs of fatigue can lead to distractions and mistakes.
x Leave notifications and pop-ups on on the devices you use in the wheelhouse.
x Unnecessary (telephone) calls and other communication during manoeuvres and critical work.







ACTION QUESTIONS

- Which situations on board require complete concentration and how do we prevent someone from being distracted at those moments?
- How do we deal with phone use, calls and other interruptions on board while sailing and manoeuvring?
- Do we dare to call each other to account for distracting behaviour, even when it concerns the skipper or manager?



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