Being distracted, whether on the job or while driving, accounts for many accidents. Judy Kay Fielding of Jasper, Alabama suggests that you can reduce distractions by:

1. Always making sure you have full instructions on the job to be done.
2. Having the right tools to do the job.
3. Keeping your mind on the job you are doing.

Using the proper tools for the job and knowing exactly what the job entails makes doing a job easier and safer. MSHA feels that this is good advice. Staying focused on the job is a good way to ensure the job is done safely!

Remember – Safety is a Value that you can LIVE with!