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**Tool Box Safety Talk # 34 08-18-2024.**

**Topic: Error Traps and Stress**

Error traps are circumstances that surround every task that we perform. These fall into 4 categories: task demands, work environment, individual capabilities and human nature. Several years ago, a group of subject matter experts got together and came up with the Top 10 Error Traps.

They are, in no particular order:

* Time pressure (in a hurry)
* Distractions/Interruptions
* High workload (memory requirements)
* Unfamiliarity with task/First time
* First working days after days off
* One half hour before and after break (loss of focus)
* Vague or inaccurate direction
* Complacency/Overconfidence
* Flawed communication
* Stress

Which one of these error traps is influenced by all the others? If you said Stress, you are correct! All these error traps lead to more stress.

We all have stress in our lives. The two major sources are work stress and home stress. Most of us have no problem with leaving most of our work stress at work. But home stress? We bring that with us wherever we go.

Is stress a bad thing? Well, as long as our stress level doesn’t overwhelm our capability to cope with it, then no. Think about it. We actually perform at a higher level if stress is involved. It makes us concentrate on the task at hand and do a better job. The issue is that when stress becomes too much for us, our performance drops off rapidly. To the point where we may not be able to perform at all.

So, how do we deal with error traps and stress? The first thing to do is recognize them. Once we do that, we can change our thinking and acting to ensure they don’t overwhelm us. Determine which error traps are present and adjust your work to reduce the risk associated with them. This will lower stress levels. This is easy to do with work stress, but harder with home stress. So, if you are experiencing excessive home stress, let someone know. Tell a coworker, “I’m a little distracted today.” You don’t have to tell them the circumstance(s). Just let someone know. If you see someone who seems to be distracted or not “on their game” talk to them about it.

**By ensuring that we recognize and deal with error traps and stress, we work safer and all go home in the same shape we came to work.**

Safety Recommendations: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Job Specific Topics: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**TRAINING ROSTER**

COMPANY: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ JOBSITE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

## SUPERVISOR: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ DATE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**# 34 Error Traps and Stress 08-18-2024.**

**ADDITIONAL TOPICS COVERED: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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