StepsUP Consulting LTD

SAFETY & SECURITY

Attention and situational awareness

Situational awareness and alertness in all environments



STEPS UP CONSULTING LTD • PREVENTIVE TRAINING

BASIC CONCEPTS

Why is it important?

Recognizing changes in the environment helps anticipate incidents on roads, at facilities and in public spaces.

01

Learning objective

Identify risk situations and apply preventive practices during activities at home, in the office or in the field.

02

Expected outcome

Make timely decisions, communicate hazards and know when to stop the task or ask for help.



FOCUS | Prevention first; respond only within your training and available resources.

IDENTIFICATION

Key points

Aspects to recognize before carrying out the activity.



01 Observe

Traffic, machinery, people, surfaces, exit routes and environmental changes.



02 Understand

Relate what you see to the work you are doing and the potential risks.



03 Anticipate

Think about what could change and how to maintain a safe alternative.



KEY MESSAGE | Situational awareness is an ongoing habit, not a one-time check.

CONTROLS

Preventive measures

Simple actions that reduce risk and improve preparedness.

1

Before starting

Briefly check for hazards and confirm exit routes.

2

During the task

Avoid distractions, take breaks and confirm signals with your coworkers.

3

When something changes

Stop the activity, report the change and reassess conditions.



MAIN RULE | Follow internal procedures and report any unsafe condition.

BEFORE, DURING AND AFTER

Safe work routine

Adapt the routine to the specific procedures and hazards of your workplace.



01 BEFORE

Review the surroundings, equipment, people involved and action plan.



02 DURING

Stay alert, communicate changes and stop if new hazards arise.



03 AFTER

Report findings, record incidents and leave equipment and the area safe.



IMPORTANT | Situational awareness is an ongoing habit, not a one-time check.

APPLICATION

Case study

What would you do in this situation?

While notes are being taken, a vehicle begins reversing near the group.

1

Step 1
Stop the activity and find a protected location.

2

Step 2
Warn the team and avoid approaching blind spots.

3

Step 3
Relocate the work area and review traffic flow in the area.



KEY MESSAGE | Situational awareness is an ongoing habit, not a one-time check.

FINAL CHECK

Checklist

Use these questions before starting or continuing an activity.

- ✓ The work area has been checked
- ✓ Escape routes are clear
- ✓ Distractions are limited
- ✓ Changes in the surroundings are reported



COMMITMENT | Stopping, communicating and correcting an unsafe condition is a professional decision.