Title: Improve your situational awareness

Exercise Code: SLINTEGRA033

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| Modules: | Group size: | Duration: |
| 8. Situational Awareness | Individual | 20 min |

**Purpose:**

* To train one’s own situational awareness
* To improve your work conditions for an efficient work/work performance.
* To learn when and how to stop working when you are no longer focused and motivated.
* To recognize obstacles and distractions in the work environment that disrupt the work process

**Description:**

Get in the habit of regularly pausing to make a quick mental assessment of your working environment. When doing so, consider the following questions:

1. Is there anything around you that poses a threat to your health, safety or has a negative impact on your motivation at work - and if so, to what extent?
2. Is the threat big enough that you should stop working?
3. Is there anything you can do to safely reduce that threat in order that you can carry on working safely and concentrated?

**Methods:**

Experiental learning, internalization

This exercise is most effectively implemented during the work process in such a way that you have three essential question with you that you ask yourself, when you want to be aware of your environment and possible distractions that hinder your work.

**Source/Literature:**

Leadership and worker involvement toolkit, Health and Safety Executive, UK