Combatting Modern Day Distractions with Adaptive Safety Cultures

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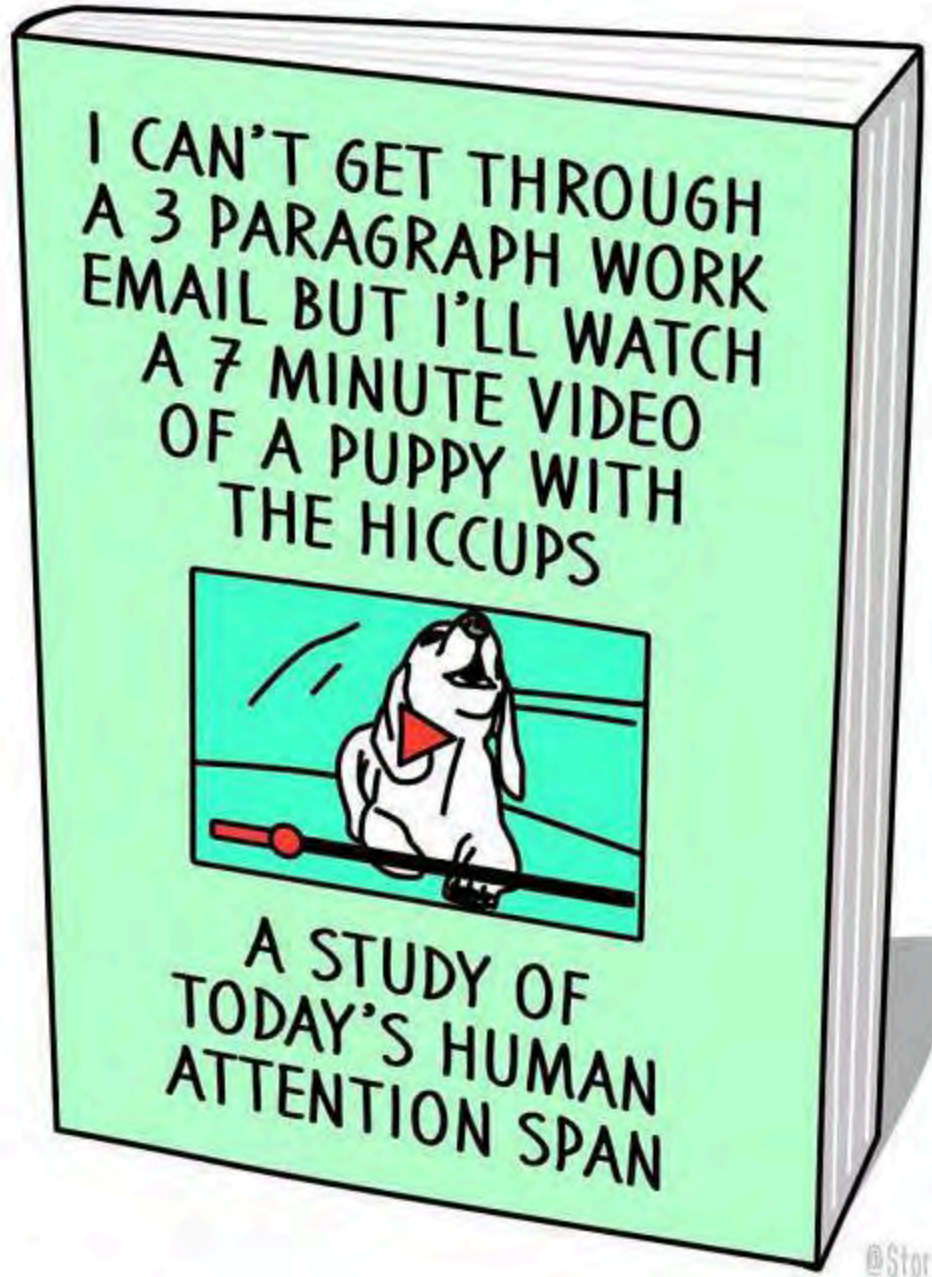
Margaret Davis, Vice President
Presented at WEDA Dredging Summit & Expo
Chicago, IL
June 6, 2019


I CAN'T GET THROUGH A 3 PARAGRAPH WORK EMAIL BUT I'LL WATCH A 7 MINUTE VIDEO OF A PUPPY WITH THE HICCUPS
A STUDY OF TODAY'S HUMAN ATTENTION SPAN

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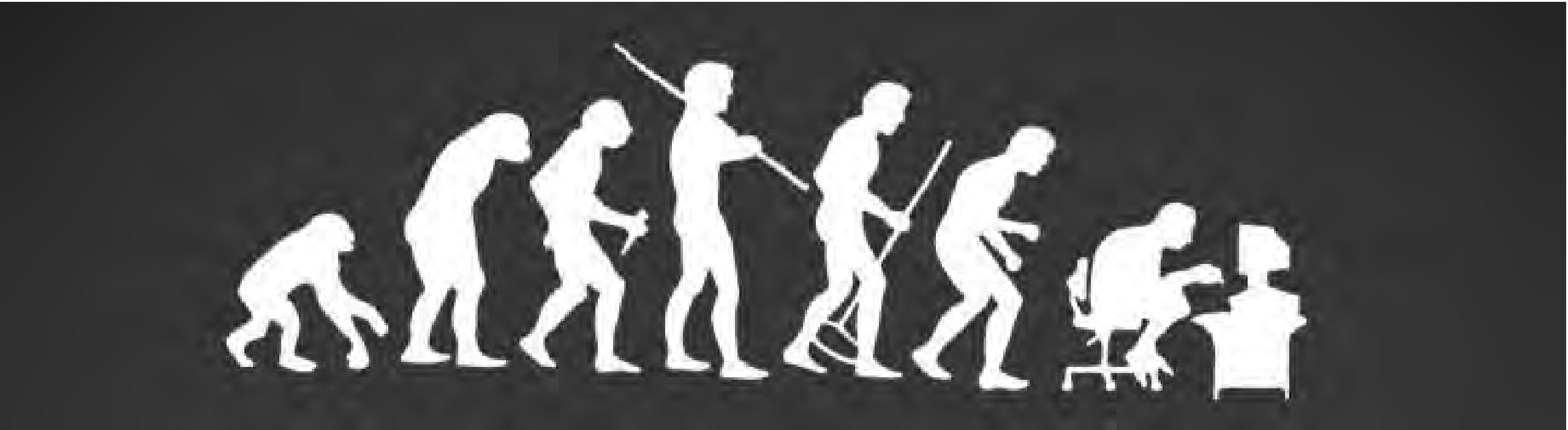
- 47% of US smartphone users say they couldn’t live without their devices
- Average smartphone owner unlocks their phone 150 times a day
- 71% usually sleep with or next to their mobile phone
- 75% of Americans use their mobile phones in the toilet
- 20% of people would rather go without shoes for a week than take a break from their phone
- 84% of US working adults use their personal phones during working hours

- 2.5 hours spent on a smart phone per day on average
- Smartphone use and depression are correlated
- Nomophobia is a REAL thing
- Cell phone “pings” cause dopamine production in your brain
- Cell phones are a physical crutch to help reduce boredom, social awkwardness, inadequacies, etc.



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Instagram

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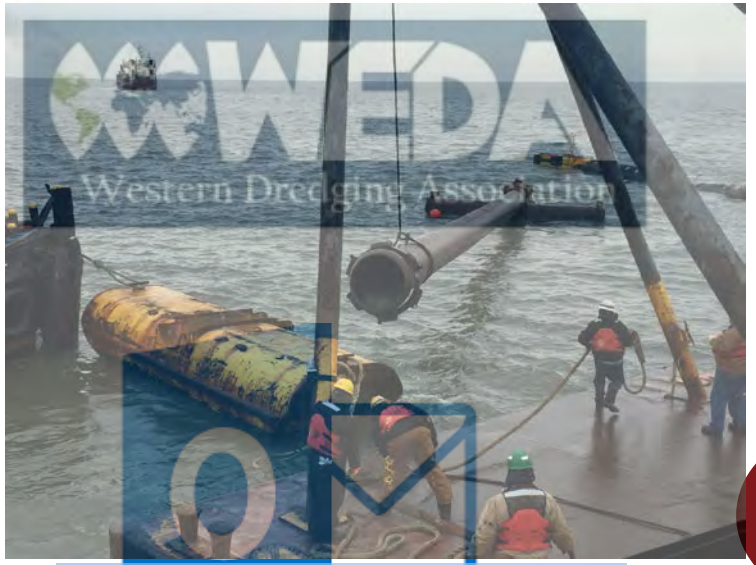
LinkedIn

WhatsApp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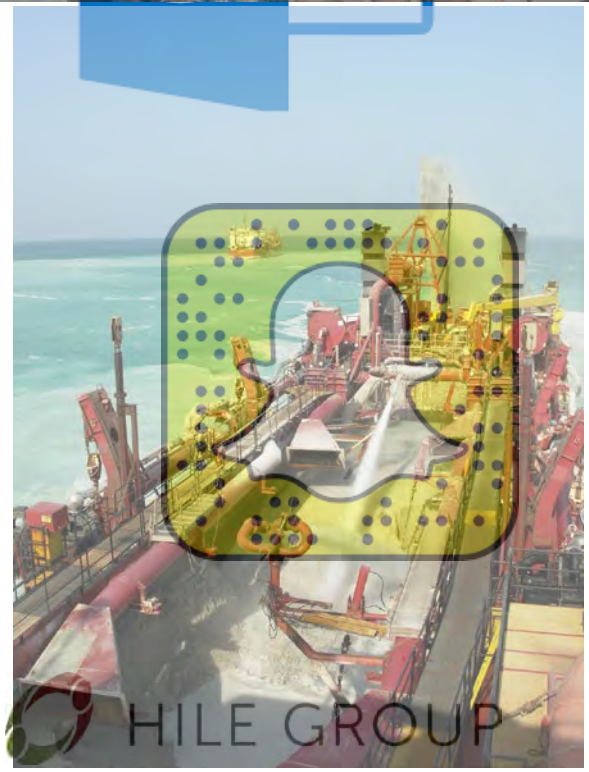
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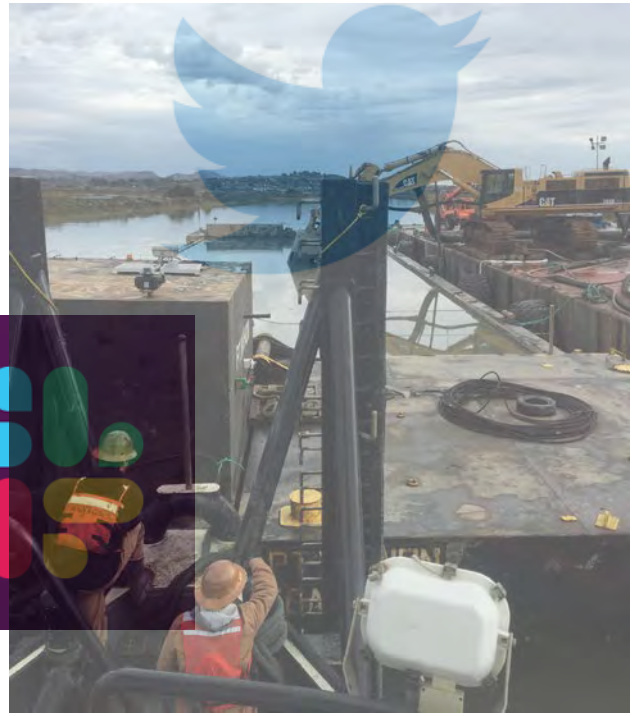
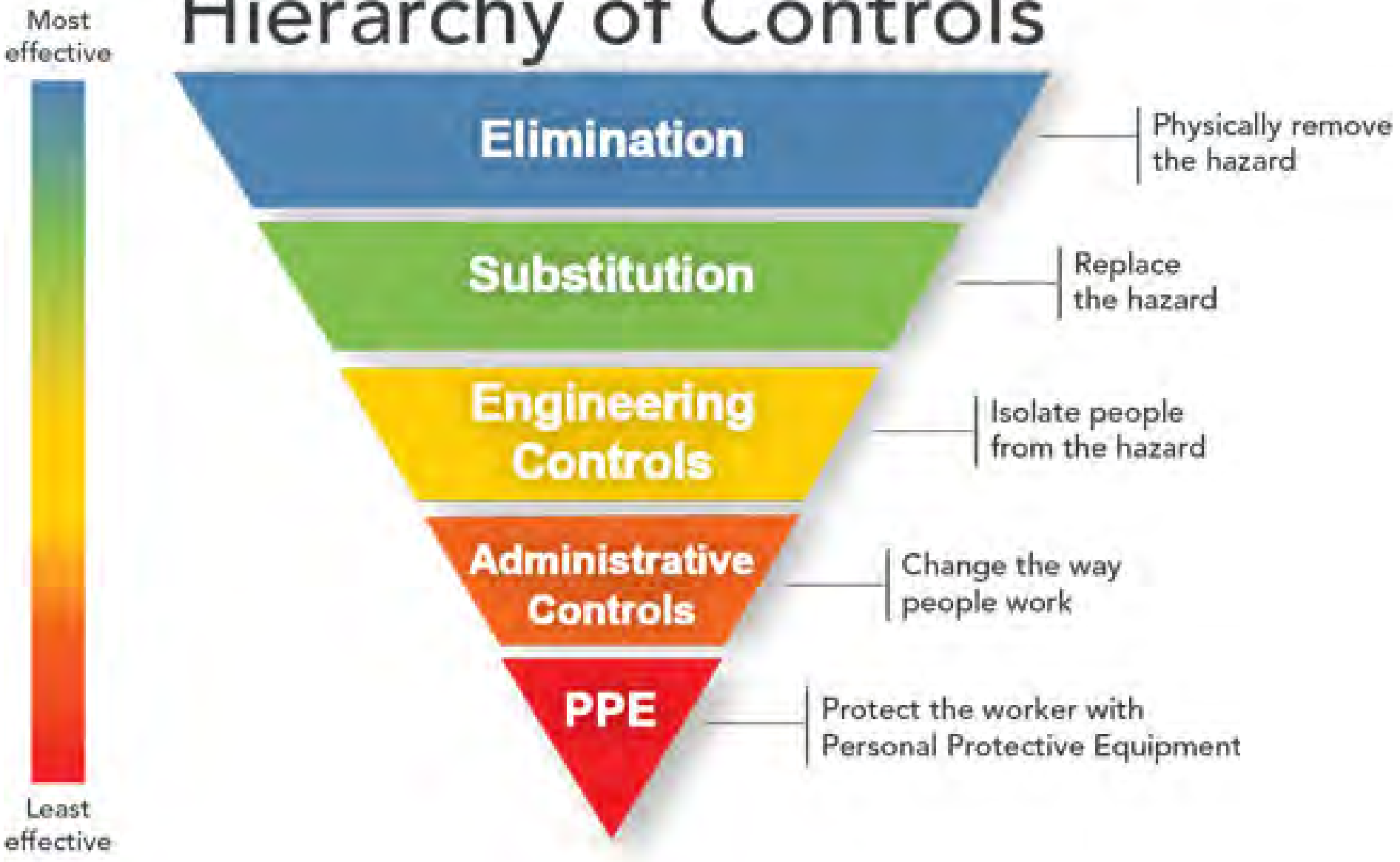


Technology isn't *all* bad

- ✓ Increased frequency and accuracy of reporting
- ✓ Real-time data, including production numbers, regulatory code/guidelines, deficiencies
- ✓ Instant communication of scope/technical changes
- ✓ Ability to stay connected with family from remote project sites

Hierarchy of Controls



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- ✓ Get some good ‘ole book learnin’
- ✓ Designate cell phone areas
- ✓ Encourage “HR” lists with employees
- ✓ Call someone instead of sending an email
- ✓ Realize what cues/triggers make you interact with your phone
- ✓ Limit times that you can use your device
- ✓ Turn off your phone or put it out of sight
- ✓ Don’t let your phone interrupt your sleeping patterns
- ✓ Focus your boredom on other activities
- ✓ Re-set and clearly communicate expectations for your phone use with family, friends, and especially co-workers

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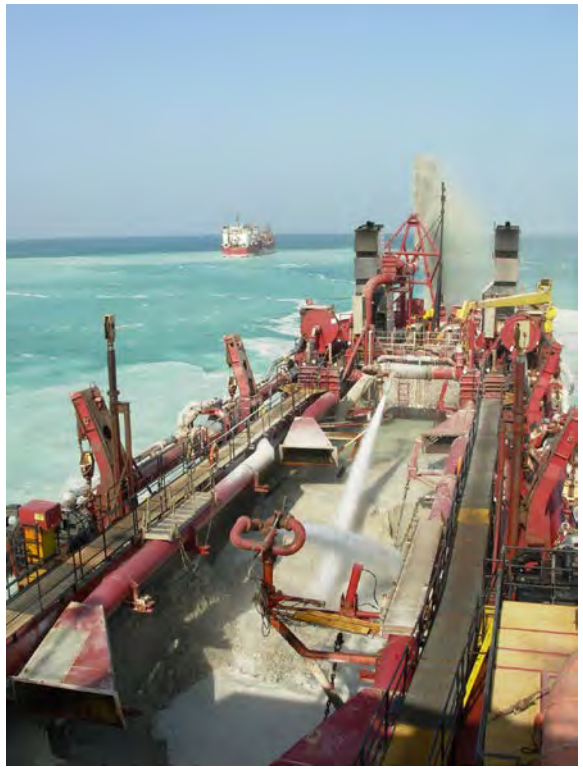

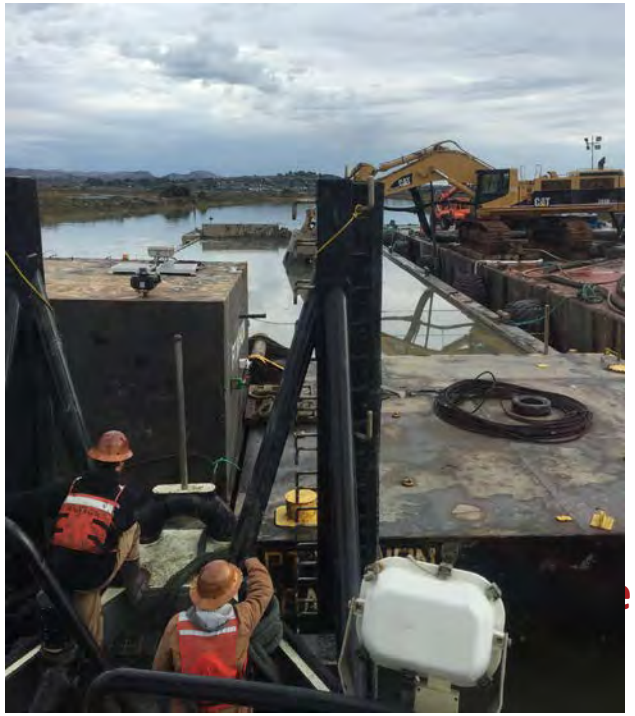

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