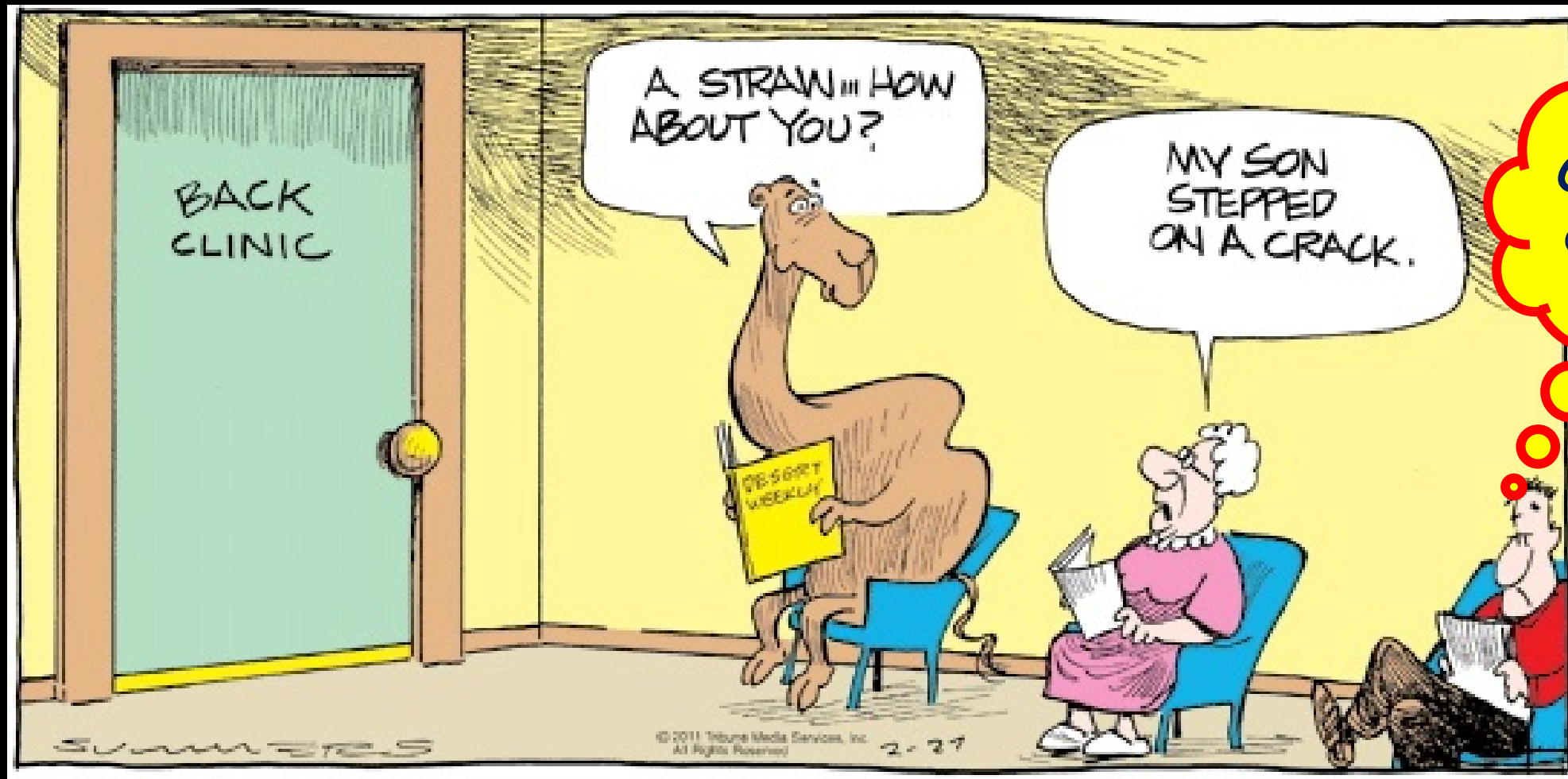




# Cognitive Overload – the condensed version

...the hazard of too much information and its impact on safety



A STRAW... HOW ABOUT YOU?

MY SON STEPPED ON A CRACK.

Cognitive overload

SUMMERS

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## Cognitive overload is...

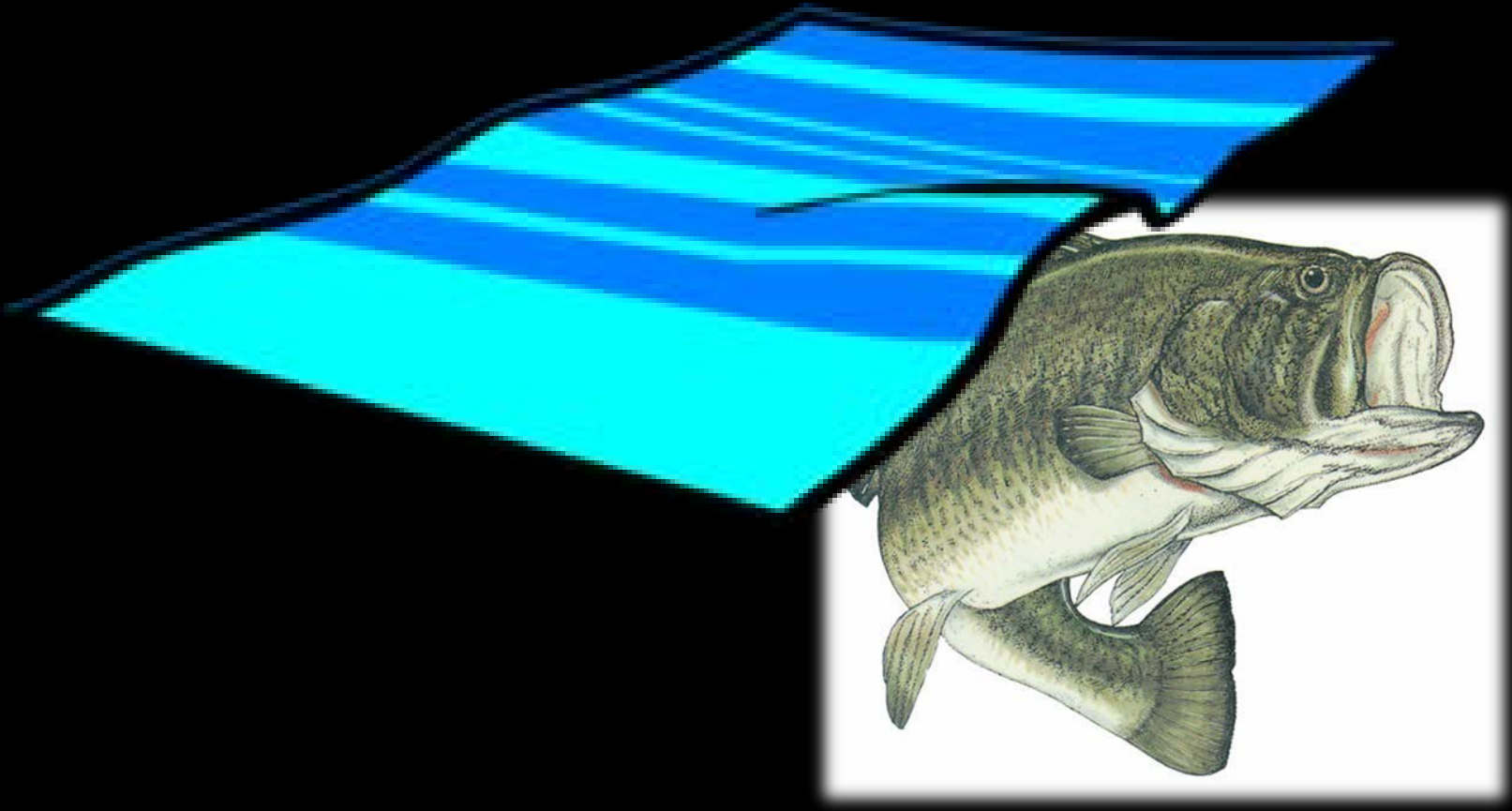
- Systemic, overwhelming, distracting material
- Information without adequate time to process
- Wasteful – in time and money

## Orienting the workforce

- Repeating the same thing over and over, time after time
- The message gets lost in the mundane – it's ordinary, dull or monotonous
- We don't (we can't) evaluate performance

Simply stated in Social  
Media Messaging We ALL  
(most of us) Understand..

TMI



# Construction Overload

- Day by day
- Hour by Hour
- Minute by Minute
- Projects change (size, shape, vertically, horizontally)





OxBlue®



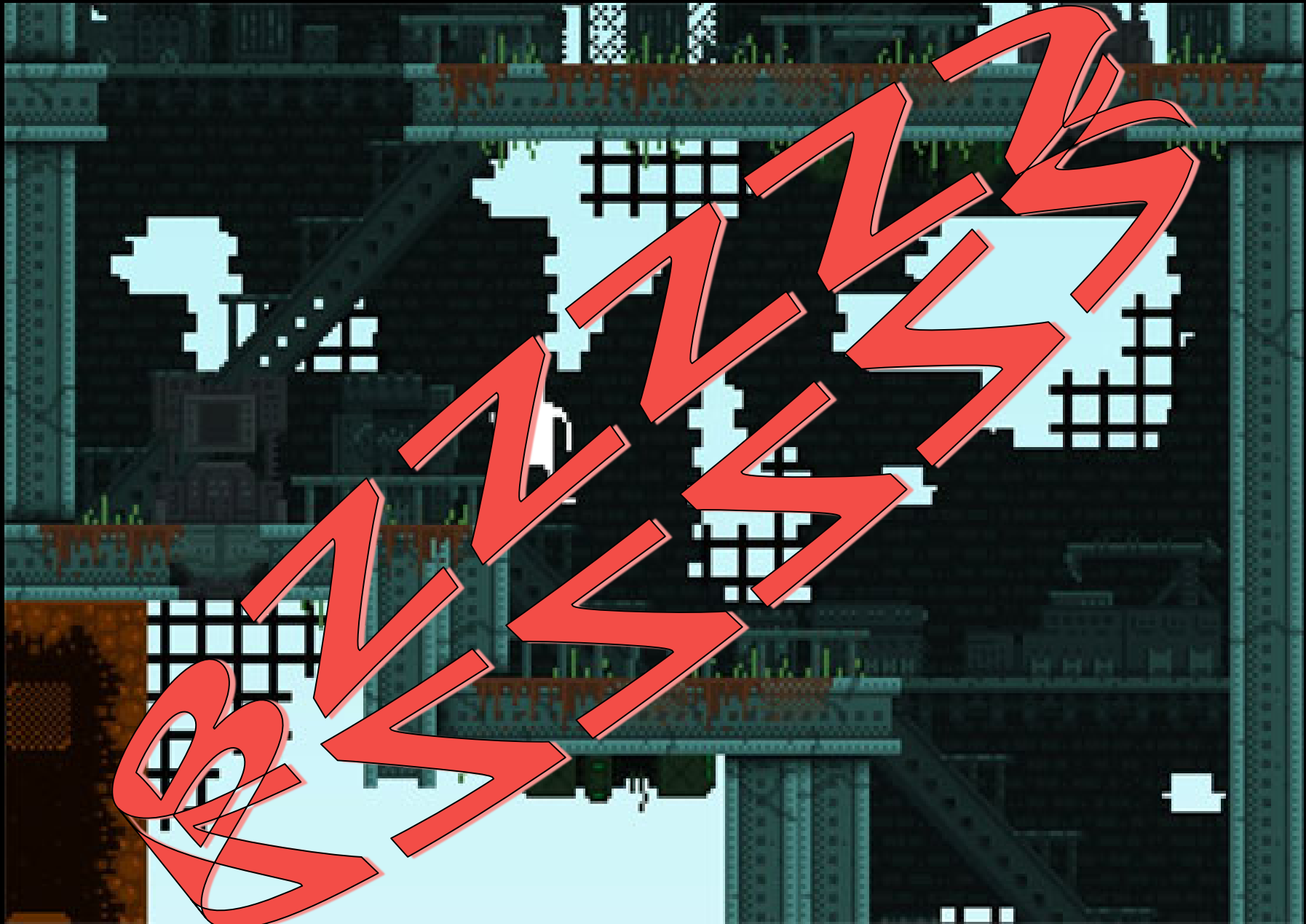
# Is this too much?

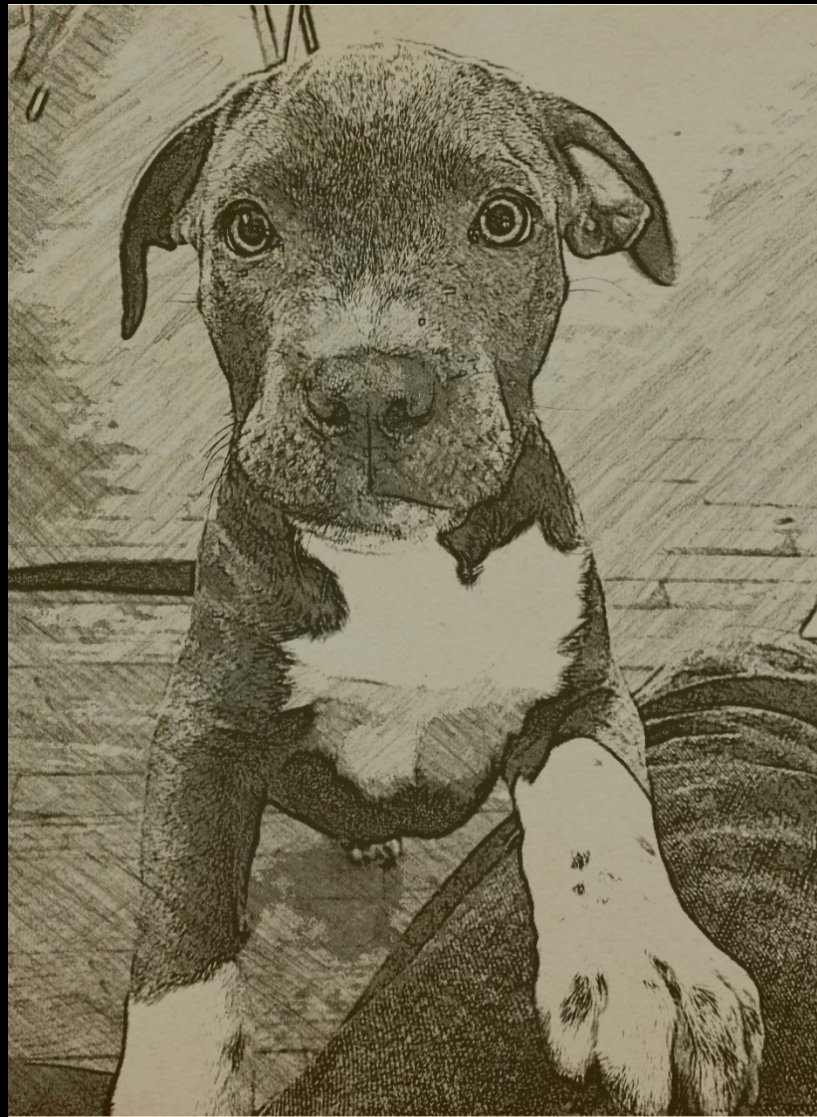
## nine things

- Book
- Key
- Shed
- Flag
- Pencil
- Table
- Lamp
- Sunshine
- Lemon

## ... another nine things

- Bird
- Seventy Two (72)
- Telephone
- Stilts
- Funnel
- Microwave
- Paper
- Train
- Thermometer





## Three (3) things

- Bird
- Table
- Lemon

## So..the orientation

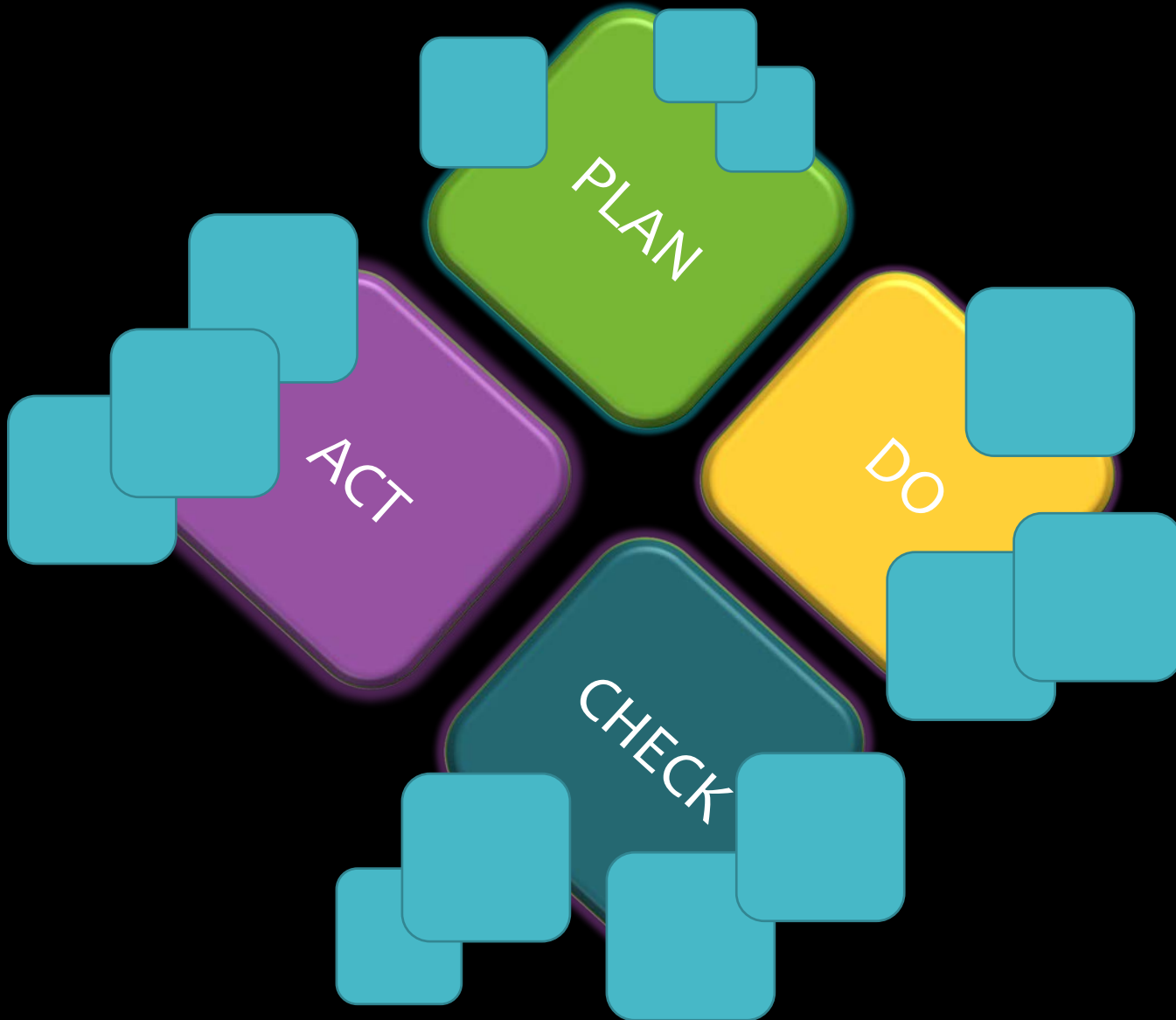
- Is it 15 minutes or 8 hours?
- Videos or PowerPoint?
- Lecture or Discussion?
- Hands on?
- Pre and/or Post-tests?
- Turnover to Field Leaders?

# Three things

Remember the three items?

# Patterns of learning

- 1, 2, 3 - ABC
- Win - Place – Show
- JSA
- See – Do – Get (Covey)
- 
- XYZ
- S-S-S
- Task – Hazard – Correction
- Tell – Show – Do
- Stop – Look - Listen



Even the most complex task can be taken in steps.



# HazCom in its simplest form

What is the chemical?

How can it hurt me?

What do I need to protect myself from harm?

# Wrapping up Cognitive Overload

(the condensed version)

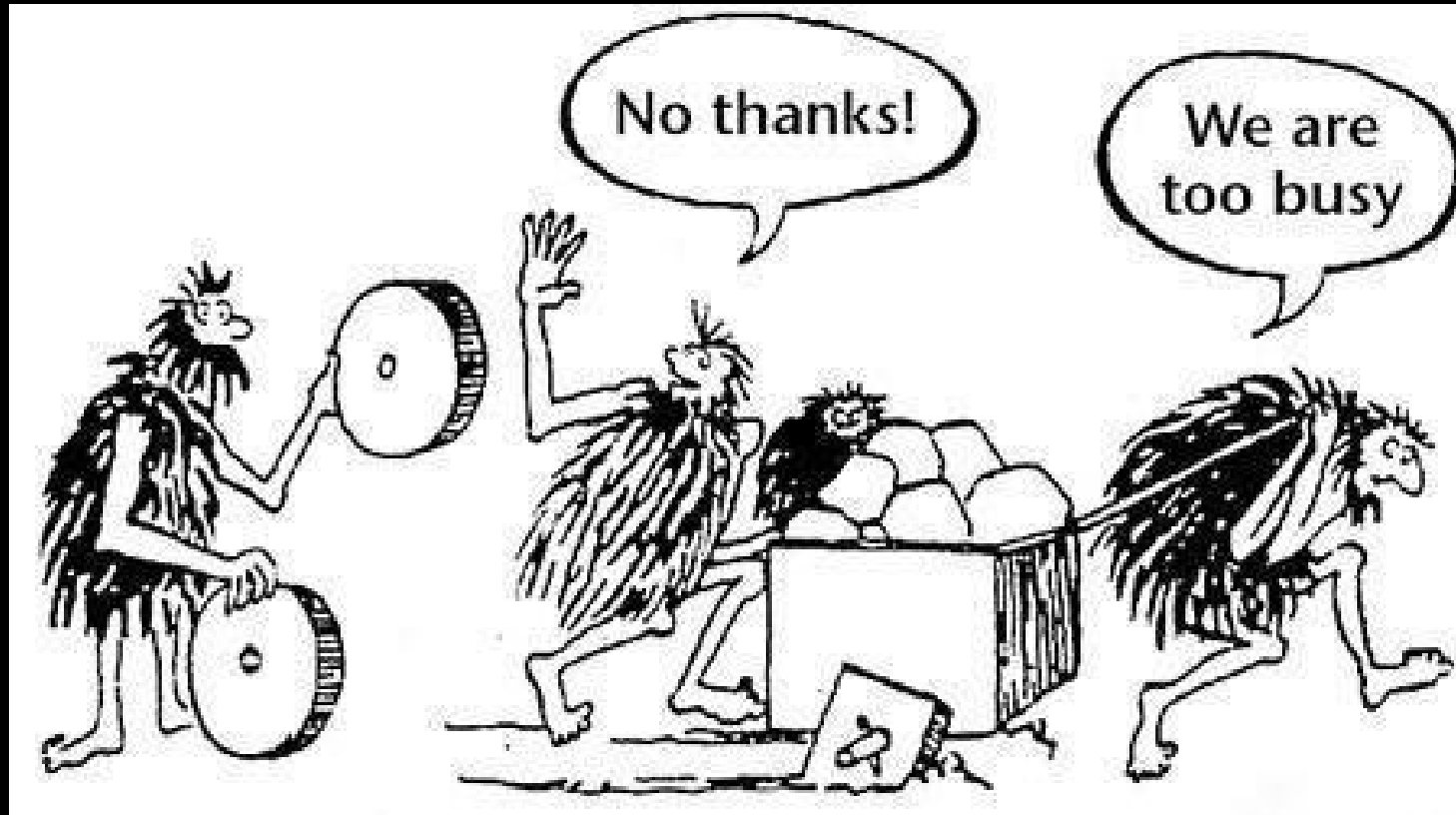
## Beware of TMI

- We have difficulty remembering too many things
- Orientation tends to overload workers
- Rules like “17 Steps to the Gate” are impossible to recall in their entirety the first time they are shared with the workers.
- Don’t treat workers like they don’t have a clue

## K-I-S

- Break down rules, procedures to 3 or 4 items
- Re-think the way you conduct orientations
- Keep to the essentials – what rules do people need to know because violations could get someone seriously injured or killed and focus on addressing those items first
- Remember that we work in an adult environment

Let's get away from doing things the way we've always done them



# Questions, Comments and Implementation?

Thanks for your time and participation.. 😊

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