

2023 NEMUG Conference

40-10-50 Mindfulness



Con Edison's efforts to eliminate Operating Errors,
Injuries and Motor Vehicle Accidents

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Where are we vulnerable?

- We are ALL vulnerable to Distractions
 - Work Stresses
 - Stress from deadlines
 - Other people around your desk talking
 - Changes in the organization
 - *Automaticity* - - Routine Work
 - Stresses in your personal life
 - Family Health concerns
 - Financial difficulties
 - Tension in the household
 - Even GOOD Circumstances can lead to Distractions
 - Holidays, Children's First Day or School, Vacations, etc.

Consequences of Distraction



- Distraction affects us by:
 - *Reducing* awareness of dangerous conditions that might be around you
 - *Reducing* focus on task at hand - - Auto-Pilot
 - *Reducing* awareness of Co-Workers ability to focus

- Some Consequences that might result from distractions:
 - Direct Consequence
 - Injury to self or others working in field
 - Operating errors
 - Motor Vehicle accident

 - Latent Consequences
 - Errors in work products - - Incorrect Maximo PM setup

How to Control these Risks



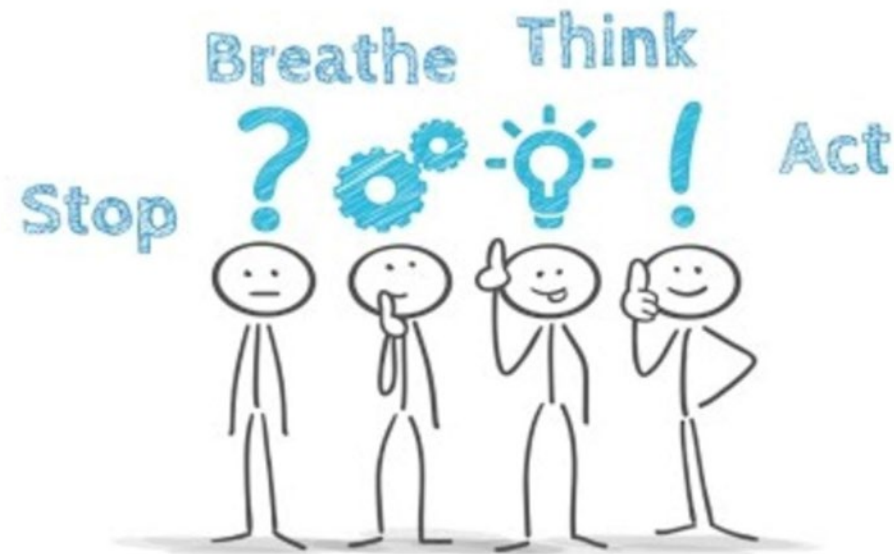
Risk = Probability X Consequence

- Basic Human Performance Principles
 - People aren't perfect, and even the best make mistakes
 - Individual behavior is influenced by organizational processes, values, training & experiences
 - Error-likely situations are predictable, manageable, and preventable
- We can directly impact Probability by *Increasing* (“Boosting your 10”) Awareness
 - HPI Tools
 - Awareness Trigger: 40-10-50 Mindfulness

Making the Link with Existing HPI Tools



- This activity is complementary to many HPI tools. In recognizing that you're entering a Critical Activity this technique can be implemented.
 - S.T.A.R.
 - Two-Minute Rule
 - Self-Check / Peer Check
 - Three-way communication
 - Place-Keeping



40-10-50 Mindfulness → “Boost your 10”



Expansion of our level of attention to what is happening around us.

- A state of alertness or "**Being In The Moment**"

How do we get there?

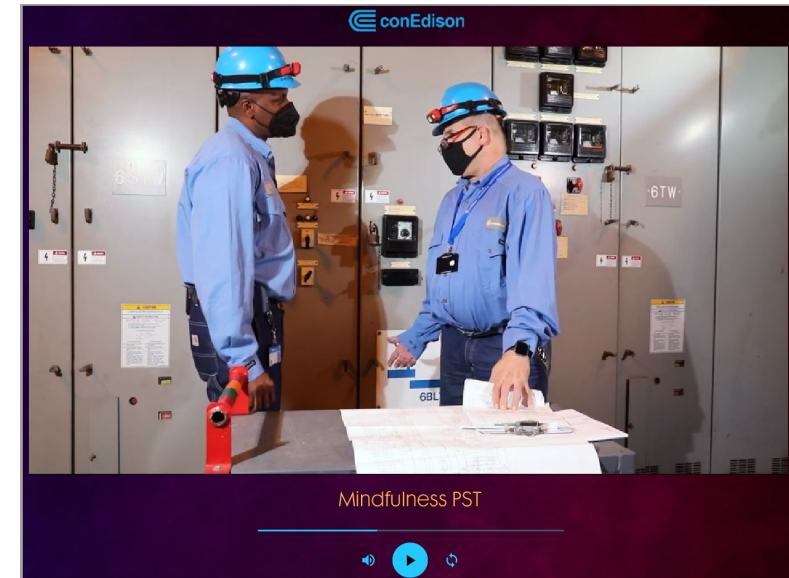
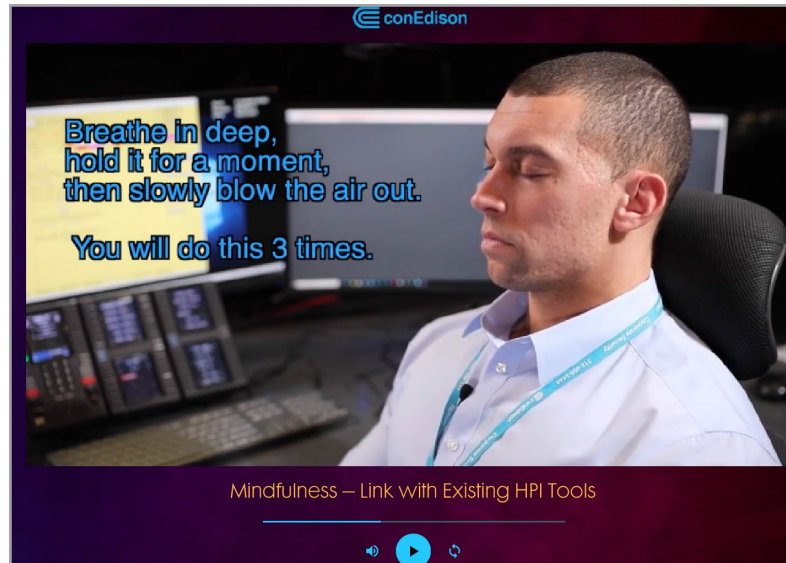
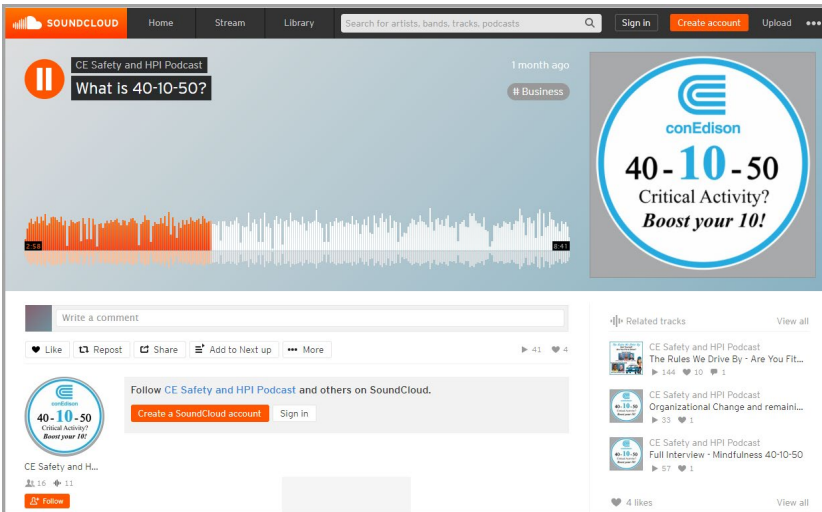
- When you recognize that you're entering a Critical Activity...
 - Understand that you need to eliminate distractions and boost your 10
 - Take a deliberate Pause
 - Utilize a brief breathing exercise so that you can Focus
- Think about a professional basketball player about to take a free-throw
 - Do they simply walk up to the line and take the shot?
 - Or do they Pause, Take a Breath, and Focus?



40-10-50 Mindfulness Knowledge Resources



- [ONL0405](#) - - Podcast Interview: Mindfulness – Understanding Focus and its applicability to our Utility business. Interview with Shelley Parker, PhD - New Brunswick Power Industrial Phycologist
- [ONL0404](#) - - Video Training S&TO District Operator / SSO Sr. Substation Operator Example
- [ONL0065](#) - - Video Training Protective System Testing Group example



Be an Advocate



- This exercise is universal.
 - If you think about it - - We often do it automatically without even thinking about it when we encounter a stressful event or thoughts.
- Practice it everywhere.
 - Take it home.
 - Teach your children it to aid in coping with stress associated with tests, exams, projects, or public speaking.
- Talk it up with employees
 - Links to Human Performance Improvement Effort – Job Briefings
 - Minimize Injuries, vehicle accidents and Operating Errors
 - Reinforce its use in all facets of your workday
 - When working with others – Ask “How’s your 10?”
 - Mention Mindfulness & Staying Focused



Give Us Your Thoughts




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40 - **10** - 50

Critical Activity?
Boost your 10!

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