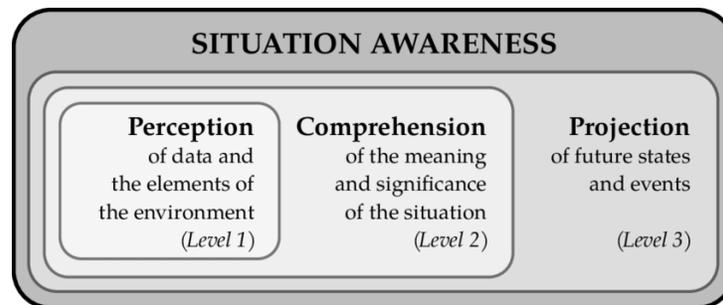


Situational Awareness

According to the American Psychological Association, **Situational Awareness** is the conscious knowledge of the immediate environment and the events that are occurring in it. *APA.org*



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Talking Points:

- SA is important both in and out of the workplace. Environments around us are constantly changing
 - Workplace: changes to the work area; hoses, excavations, project work, etc.
 - Outside work: traffic conditions; extension cords; kids leaving toys around
- SA is influenced by a number of factors including stress; it may be impaired by cognitive or social tunneling
 - CT: a psychological state, typical of people concentrating on a demanding task or operating under conditions of stress, in which a single, narrowly defined category of information is attended to and processed.
 - ST: a psychological state, usually associated with a demanding task or stressful environment, characterized by a tendency to ignore social cues that may be relevant to a task, such as spoken commands or alert signals from other people.