



## Maintaining alertness, ignoring interruptions

We have limited attentional resources.  
attend to a very small proportion of the available sensory

2009a). Competing priorities can make it difficult to remain focused and attentive while completing work tasks. These distractions can lead to a wide range of human performance errors.

For example, an individual is on a conference call and replying to emails simultaneously. Due to the competing priorities, the individual's performance is likely to be impaired.

U.S. Department of Energy. (2009a). *Human performance and improvement handbook: Volume 1: Concepts and principles*.

<https://www.standards.doe.gov/standards-documents/1000/1028-BHdbk-2009-v1/@images/file>

U.S. Department of Energy. (2009b). *Human performance and improvement handbook: Volume 2: Human performance tools for individuals, work teams, and management*. <https://www.standards.doe.gov/files/doe-hdbk-1028-2009-human-performance-improvement-handbook-volume-2-human-performance-tools-for-individuals-work-teams-and-management/view>

