

# COMPLACENCY BRINGS RISK



Complacency means being satisfied with the current situation, while being unaware of potential danger. We risk “zoning out” into “autopilot” when we...

- perform repetitive tasks – such as driving
- adapt to routines – like walking into work or home
- are bored
- don’t notice (or report) obvious risks

## MOVE SAFELY TO STAY WELL

Don’t walk too fast for the current conditions

Use railings on stairs

Shorten your stride when conditions are uncertain

Wear footwear appropriate to your walking conditions

Look before moving

Avoid turning suddenly

Test your footing before committing your weight

Use mirrors at corners

## ONE SIGN OF COMPLACENCY IS ATTEMPTING TO MULTI-TASK WHILE DOING ROUTINE THINGS.

*“I really try to put myself in uncomfortable situations. Complacency is my enemy.” — Trent Reznor*

## DISRUPT YOUR ROUTINES TO STAY SAFE

- Notice what’s going on: take several deep breaths
- Break your routines: take a different route; listen to different music; try your non-dominant hand for familiar tasks.
- Avoid multi-tasking
- Provide feedback to your family or coworkers when you see unsafe acts

## RESOURCES

For more about complacency, read this:

<https://ohsonline.com/Articles/2010/09/01/Complacency-The-Silent-Killer.aspx>