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

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

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.

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:

95% of safety incidents include at least one of these common factors:

RUSHING FATIGUE FRUSTRATION COMPLACENCY