

# WORKPLACE COMPLACENCY

**Congratulations on a job well done. You have been well trained at your job and you have proved you are able to do the job competently. You produce a quality product and consistently meet production targets. Your company has excellent safety systems in place to help keep you safe. You follow the safety rules outlined in your job description and you exhibit positive safety habits. You are now your own greatest threat.**

**Here are some tips to help you avoid complacency:**

- **CONDUCT RISK ASSESSMENTS**
- **PROMPTLY REPORT HAZARDS**
- **TAKE SHORT BREAKS**



**BC Forest Safety**

Safety is **good** business

# WORKPLACE COMPLACENCY



Complacency happens when tasks become repetitive and you start to take that hazards of the job for granted. After all, you've dealt with the same hazards dozens of times. Some hazards that may have seemed daunting when you first started are now commonplace and it is easy to shift your mind into autopilot. This leads to you not having your mind on the task. Complacency may also lead to taking shortcuts, rushing tasks and inattention to workers around you. You may not even realize it is happening. After all, you would never purposely defy the rules.

## HERE ARE SOME TIPS TO HELP YOU AVOID COMPLACENCY:

- Conduct risk assessments before starting work.  
Don't assume that today will be just like yesterday.
- Promptly report hazards and near misses to your supervisor.  
Remember, see something, say something!
- Take short breaks to take a few deep breaths and a quick stretch – if you've been sitting stand up to do this.
- Consider how you would go about training someone to do your job to become an even better operator than you.

Scan the QR code  
to access all  
BCFSC Crew Talks  
and to subscribe.

