

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.

