

# OVERCONFIDENCE

It's great to feel confident in your job and take pride in doing your work. Confidence helps you perform well—but too much of it can become a risk. Overconfidence can make you start overlooking hazards or skipping safe work practices because you feel too comfortable or experienced.

No matter how long you've been on the job or how skilled you are, it's important to stay alert and follow basic safety precautions. Don't get complacent! It can lead to serious mistakes.

## HOW TO STAY SAFE AND AVOID OVERCONFIDENCE:

- Don't Let Your Guard Down
- Skill Doesn't Replace Safety
- Be a Role Model



**BC Forest Safety**

Safety is **good** business



## **DON'T LET YOUR GUARD DOWN:**

Even experienced workers can face serious consequences when safety is overlooked. There have been cases of electrocution from failing to shut off power, burns from flash fires caused by ignition sources near flammables, and fatal falls due to lack of fall protection. Even tools like saws and punch presses—used daily by experienced workers—have caused serious injuries. And we've all heard of drivers getting into accidents while traveling familiar routes they've taken for years.

All workplaces and tasks contain hazards and risks. As an experienced worker, your loose clothing can still become entangled in the conveyor, the nip roll is just as tight and the floor can be just as slippery.

## **SKILL DOESN'T REPLACE SAFETY:**

Experience is valuable, but it doesn't make you invincible—hazards don't care how long you've been on the job. Avoid overconfidence by following these tips:

- Keep an eye out for hazards. Remain alert and aware of your surroundings and focus on doing the job safely.
- Follow the safe work practices - every time. Never take short cuts.
- Wear your Personal Protective Equipment (PPE) consistently.
- Engage and participate during safety meetings. Even if you've heard it all before, reminders help keep safety top of mind. Besides, you maybe something invaluable to contribute.

## **BE A ROLE MODEL:**

As an experienced worker, you set the tone for others—especially new and younger employees. Your actions speak louder than words. When you work safely every time you are on the job, others notice and learn from you.

Never let confidence compromise your safety. Lead by example, and help build a culture where safety leads the charge.

Scan the QR code with  
your phone's camera to  
access all BCFSC Crew  
Talks and to subscribe.

