

Complacency Causes Accidents

One of the biggest problems faced while completing day to day tasks on the job is complacency. You become accustomed to doing things in a certain way or tasks flowing a certain way and do not pay attention to the hazards that may be present around you. This type of state of mind can affect many things including productivity, quality and safety.

Complacency means a feeling of contentment or self-satisfaction, often combined with a lack of awareness of pending trouble or controversy.

If you are not thinking about what could go wrong every day, all day while you work, you are not completing the task safely. You need to think ahead as you approach each task and consider:

- What am I working with?
- What will I be doing?
- Where will I be going?
- What could go wrong?

Always examine equipment, procedures and the hazards that may exist. You need to focus physically and mentally on your work, no matter how many times you may have done the same job in the past.

Complacency can be the most dangerous mindset that results in an injury or accident. The first step to an accident involves the false belief that experience makes you invulnerable. Accidents can happen to you at any time and your sense should always be finely tuned to each situation's risks. A false sense of security is the result of poor training and following bad practices, which leads to accidents. Complacency at work can cause or contribute to critical errors which increase the probability of injury:

- Eyes not on task
- Mind not on task
- Walking into the line of fire
- Losing balance, traction or grip

The ways we maintain our safety:

- We maintain a safe workplace by following established protocols and procedures.
- We have daily safety meetings to discuss changes and potential hazards that develop from day to day on our worksite.
- We wear the appropriate PPE for the task at hand.
- We complete a JSA before starting a task.
- We take a "Four Second Reset" to stop and think about the safety side of the task we're about to start.
- We report any and all perceived or potential hazards on the worksite.
- We report all near misses.
- We coach, mentor and watch out for each other throughout the day.

