

Safety-Gram

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COMPLACENCY: ONE OF SAFETY'S WORST ENEMIES



COMPLACENCY: Self-satisfaction especially when accompanied by unawareness of actual dangers or deficiencies. The feeling of being satisfied with how things are and not wanting to try to make them better.

Complacency is an erroneous familiarity with danger. The more you do something and nothing adverse happens, the more you feel you can continue doing it without consequence.

The dangers of complacency can occur at any level. It can be fueled by entire industries eroding away at standardized safety protocols all the way down to individual complacency in the workplace.

Complacency can cause a false sense of security. If we have never suffered from something, we tend to assume that it will never affect us based on our personal situation. Human factors such as rushing, frustration, fatigue and complacency increase the risk of making a mistake. These factors jeopardize the safety of everyone but they can be reduced and managed with personal safety skills and following standardized safety protocols.

While working, is your brain actively engaged or are you going through your day on autopilot? It's easy to complete daily or repetitive tasks using muscle memory, but it's also easy to have an accident because the repetitiveness can result in complacency.

No matter the situation, complacency is dangerous. Get out of your comfort zone and get motivated! Motivation is an inside job, which begins and ends with you.

