

FOCUS

ON THE FUNDAMENTALS

#3 Curb Your Complacency

Actions

Some people have their head in the sand and ignore what is happening around them, what's changed, what NEW hazards are there...

Defined

- ◆ Contented or self-satisfied to a fault
- ◆ Complacency is a natural function of the brain
- ◆ The brain is designed to automate repetitive behavior
- ◆ Most of our day-to-day behavior is automated; it happens without conscious or deliberate thought - these behaviors have become habit
- ◆ Repeated exposure to situations, even if they are potentially dangerous, **dulls** our defense mechanism, reducing our awareness



Actions to Take...

- ◆ Adopt safety tactics and deliberately do them over and over on a consistent basis in absence of perceived danger until they become automated safety habits
- ◆ Analyze small mistakes, not just the serious ones
- ◆ If you think you are becoming too complacent, place visual reminders in work areas as reminders
- ◆ Discuss with the folks you work with the hazards of your job and look for signs of complacency in other people...this will help increase your awareness

How I Improved Safety: _____

Person completing form: Name: _____

Supervisor: _____ Location: _____

Turn this in to your LSIT Chair