



Safety Message of the Day for IMEA Members



Battling Complacency Safety Message

Complacency is often a focal point when discussing workplace safety at many companies. For the most part, we understand what complacency is and what areas of work or life it affects us in. However, even though we may acknowledge it, we may not fully grasp the consequences it can have or what we need to do to overcome it.

Battling Complacency on the Job

1. Recognize work tasks that you may be so used to doing that you no longer take the same precautions when performing them. Think back to when you first got this job or the first time you did a specific task; were you more cautious or did you follow more safety procedures?
2. Audit yourself or even have a coworker audit your work to see what your shortcomings may be when completing work tasks. Having someone else give you constructive feedback can help give you an honest look at where you can improve.
3. Fight the urge to take the easy way out or make the easier decision when it comes to following safety rules or procedures. Rationalizing why you should allow yourself to cut corners leaves you open to more risk. Hold yourself and others around you accountable to do what needs to be done.
4. Once you realize what risks you are leaving yourself exposed to begin to make it a habit to take the steps that mitigate or eliminate that hazard. Once an action is repeated over and over and has become a habit, it becomes automatic and it is much less likely you will have to face complacency to get yourself to do it.

Discussion point:

What is a common example of complacency when it comes to safety?