



COMPLACENCY

while doing tasks is very common in the workplace, especially with routine or repetitive work. Complacency usually occurs when we have done our job for so long, with few or no incidents, that we stop focusing on the potential hazards that could occur. In a complacent state we often let our minds wander off task.

The best way to fight complacency is to develop good habits. Habits are automatic routines of behavior that are repeated without thinking. They are learned behaviors. When our minds wander, we revert to our established habits. If we have poor habits this can lead to an incident. Focus on creating good habits to lower your risk of injury when your mind wanders.

EXAMPLE GOOD HABITS:

- Do a pre-use inspection of tools for wear and tear
- Grab a step stool before reaching for items from a higher shelf
- Put your phone in your pocket before walking
- Use the handrail every time
- Practice safe lifting techniques, even with light loads
- Let dropping items drop

WHAT TO DO!

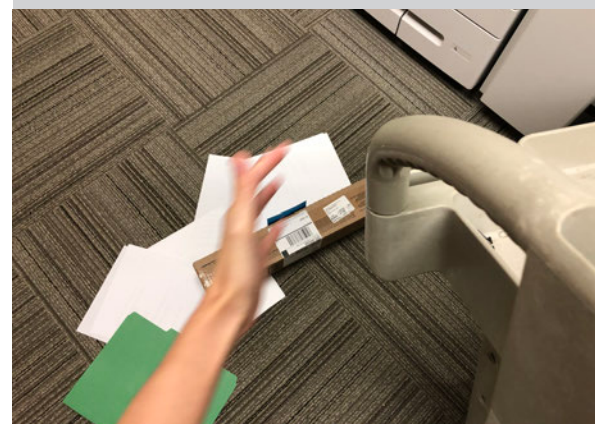
- Always try to keep your mind and eyes on task
- Practice creating good habits that can help if your mind wanders
- Set a goal habit or two, make them specific and not to generalized
- Set reminders to yourself to practice the habit including: sticky notes, phone alarms, the right tool next to the work site, routine changes, etc . . .
- Once the habit sticks, start another (Frequently done activities can take 2-3 weeks to become a habit, while infrequent ones will take longer)



Pick a specific habit to practice!



Set ways of reminding yourself to follow the new habit!



Once the habit sticks, pick another!

