

# Focus on Safety

## Complacency in the workplace

When it comes to safety, complacency can be a literal “killer” on the job. Each moment we are working with hazardous energy, whether it be a large production machine, forklift, vehicle, power tools, electricity or even walking from one end of the facility to the other, we must keep focused on the task at hand.

You are potentially in great danger when you go into “autopilot” when working on the job. All too often we don’t realize how complacent we are until we have a near miss or close call. Those events tend to jump start our hearts and focus our attention.

Complacency is perhaps one of the biggest problems we face in completing our day to day tasks. We are “used” to things being a certain way each time and unless the obvious comes right out and hits us, we can be oblivious to it all. This is state of mind can affect many things such as productivity, quality and safety.

## Prevention of Complacency

One technique found to be effective in battling complacency in your own actions is to watch the actions of other while they work. This is an effective activity as not only does it raise your awareness as you examine the actions of a coworker but it may also raise your coworker’s awareness if you share with them some of the observations you made that would allow them to do their job in a safer manner.

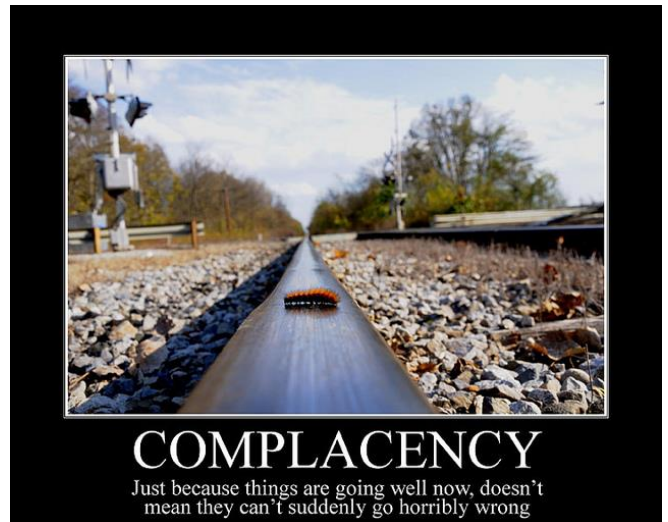
Another method is the SLAM technique:

**STOP** - Engage your mind before your hands.  
Look at the task in hand

**LOOK** - at your workplace and find the hazards to you and your team mates. Report these immediately to your supervisor

**ASSESS** - the effects that the hazards have on you, the people you work with, equipment, procedures, pressures and the environment. Ask yourself if you have the knowledge, training and tools to do the task safely. Do this with your supervisor

**MANAGE** - If you feel unsafe stop working. Tell your supervisor and workmates. Tell your supervisor what actions you think are necessary to make the situation safe



**Complacency has been the key factor to all of the accidents that have occurred throughout 2016. It is very important that all employees/contractors remain 100% focused when carrying out a task. Regular awareness training can prevent complacency in the workplace and stop further incidents from occurring.**