

# TAKE A MINUTE FOR YOUR SAFETY

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## COMPLACENCY

Tasks that we have been performing for a long time, or very frequently, can cause us to become complacent. Think of driving an automobile. Do you realize it is arguably the most dangerous thing you do on a regular basis? Complacency, per Merriam-Webster, “marked by self-satisfaction especially when accompanied by unawareness of actual dangers or deficiencies.” We know what it is, but how do we fight complacency in our workplace? The first step is recognizing it when it appears.

### **Fighting Complacency**

- Before starting a task or project, list the hazards that you and your co-workers will encounter. Then list the ways in which you will protect yourself from these hazards. Congratulations, you just performed a Job Hazard Analysis (JHA)!
- As a group, discuss what could possibly go wrong and what you can do to prevent it or protect yourselves from it.
- When performing a dangerous task, ask yourself, “Would I allow my grandchild to do it this way?” If not, perform the task the same way you would teach them to perform it.
- If you hear the phrase, “We’ve always done it this way” or “It’ll be fine this one time” or “O.K., but hurry up and be careful,” complacency is present. Stop, evaluate the hazard and do the right thing.
- Keep your safety “front of mind.” Bring up concerns, discuss them.
- If you see something, say something. We are our brother’s/sister’s keeper. How would you feel if you chose not to say something and the worst happened?
- Always examine equipment, procedures and the hazards that may exist, and focus physically and mentally on your work, no matter how many times you may have done the same job in the past.



# TAKE A MINUTE FOR YOUR SAFETY SIGN-IN SHEET

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TOPIC(S): \_\_\_\_\_

Print Name

Signature

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