



H S E

HEALTH SAFETY ENVIRONMENTAL



Alert #: SA 14-22

Date: May 17th, 2022

Are you at risk for complacency?

One of the most dangerous hazards lurking in the workplace is invisible and silent. Complacency is a psychological state when employees tune out, cease to think, and merely follow a routine. In other words, workers enter “autopilot mode” and complete tasks automatically instead of mindfully.

As we enter the middle of the second quarter of the year, many employees struggle to overcome long periods of work without holiday breaks or vacations. Furthermore, when employees perform a job task successfully they can be lulled into a false sense of security when starting the next job task and this can create a foundation for failure.

Safe, engaged employees often work-in-the-moment, meaning they are focused on their task and their surroundings. Complacent workers, however, may perform their jobs in “autopilot mode”, moving from step to step without thinking critically about their actions.

No one knows you better than yourself, but complacency can mean you don’t see the dangers right in front of you. To stay safe, you must learn to spot the signs of complacency which can include:

- Disengagement
- Loss of passion for your work
- Taking shortcuts
- Neglecting task
- Lack of investment in yourself or others
- Less thinking before action
- Frequent mistakes
- Showing carelessness in your work

Complacency can become a rut for many employees, however, there are several ways you can work to prevent it. Some tips are:

- Keep safety in the front of your mind
- Mix up your daily routines
- Step out of your comfort zone
- Increase your self-awareness at work
- Pay attention to details in your work
- Set goals and strive for them
- Plan to avoid failure ahead of time
- Bring your companies values to life



Report all incidents immediately to the GIS Hotline 1-855-543-5163.

SAFETY ALERT