Complacent- Pleased, especially with oneself or one’s merits, advantages, or situations, often without awareness or some potential danger or defect.

When you’ve been working in a certain trade or doing a specific task it becomes second nature to you. You feel that this task can be completed without thinking about it, and have no fear of doing it wrong. Some workers begin to develop the mindset of “I’ve been doing this for years there’s no way I could do something wrong.” Yet, in actuality this when you are most vulnerable to injuries and mistakes. Once you have mastered a trade you begin to not focus like you used too when you first learned the task. In summary it is easy to become complacent with your daily work activities.

How to Avoid Complacency

Think about all the risk associated with the task

Make sure you have all PPE

Check your environment for possible risk