

## The Power of Awareness and the Dangers of Complacency

- **What is complacency?** Getting too comfortable, going on autopilot, and overlooking hazards because tasks feel routine—often from repetition or past success
- **Why it's a risk:** It leads to shortcuts, missed steps, and poor attention—events often only surface after close calls or injuries
- **How it happens:** Familiarity breeds false confidence; your brain can switch to autopilot to conserve energy
- **The antidote = Awareness:** Stay mentally present, question routine, keep asking “what’s changed?” or “what could go wrong” — to reclaim sharpness and avert risk

### A Diligent Mindset:

#### 1. Spot the Hazards

- Ask **everyday**: “What’s different today?”
- Watch for hazards - examples:
  - New additions – team members, tools/equipment, subcontractors, workflows
  - Vehicle and equipment movement
- If something feels off—**pause and apply awareness**.

#### 2. Assess Mentally: Perform a job hazard analysis **before** you start your task

- Step through your tasks and think critically:
  - What am I doing?
  - What could go wrong and how can I prevent it?
  - What if it happens? (severity + likelihood = risk)
- Visualize dangers – examples: slips/trips, backing accidents, hot splatter, etc —**don’t go on autopilot**.

#### 3. Take Action: Use the **Hierarchy of Controls**:

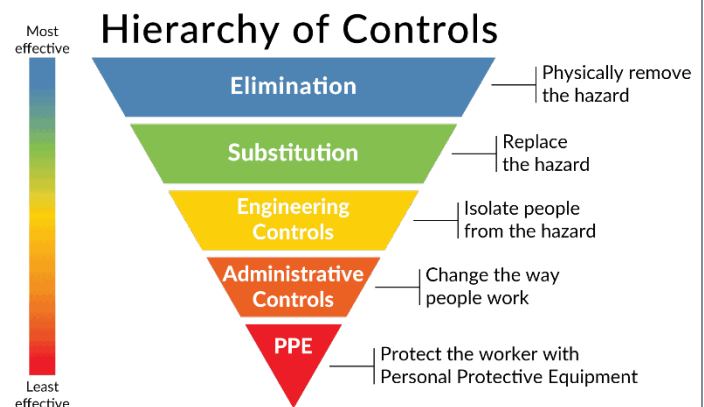
- Eliminate → Substitute → Engineer → Admin → PPE.  
Examples:
  - Eliminate: reroute traffic
  - Substitute: use pull-through parking over backing
  - Engineer: block zones
  - Admin: require spotters
  - PPE: Fall protection, gloves

#### 4. Talk It Through: Share your plan

- **Communicate**: “I see a slick spot—I’ll mark it and alert others.”
- Invite feedback: “Any other control ideas?”
- Confirm roles: “You’ll spot me? Are backing signals agreed?”

#### 5. Re-Check & Wrap Up

- If anything changes (conditions, crew, tools, processes, etc)—**pause and reassess**
- After task: “Did the control work? What can we improve?”
- **Follow up** to improve



**One minute of Awareness can make all the difference!**

**Everyone Goes Home Safely, Every Day!**

