

Are you at risk for complacency?



Unengaged workers may be at risk for complacency, and complacency in the workplace can have serious consequences. Are you at risk or already experiencing complacency? Ask yourself:

- Do you feel a lack of interest or motivation for your daily tasks?
- Does your role require you to repeat actions or steps?
- Are you more focused on finishing tasks quickly than doing them properly?
- Do you often skip steps to save time on projects?
- Do you feel a lack of recognition for the work you put in?
- Are contributing factors such as a long commute or short rest times affecting your job?
- Do you ignore hazards when they arise?
- Do you feel disconnected to the company's goals or plans for the future?

Anyone can fall victim to complacency, but getting engaged in your job and your organization's success can help turn things around. If you see these signs in yourself or co-workers, do not hesitate to take action. Try these tips:

- Start off your shift by thinking through your tasks and making a plan for the day
- Notify your safety professional about hazards to improve working conditions for yourself and your co-workers
- Get involved by making suggestions or asking questions at team meetings
- Speak up to your supervisor about new tasks you can try out
- Ask about how you can modify your schedule or shifts to get more rest at home
- Seek out opportunities for development to learn new skills
- Talk to your Human Resources representative about issues outside of the workplace, and learn more about your available employee assistance benefits
- Offer help to your co-workers without being asked

If you find yourself getting complacent at work, do not assume there are no options for improvement. Speak up, get involved and ask for help when needed. We all work better when we're part of an engaged team.



Follow company guidelines on mask use in your workplace.