

MCLB ALBANY SAFETYGRAM

Taking Safety to the Next Level



FOCUS ON THE FUNDAMENTALS Curb Your Complacency

In February 2015, MCLB Albany became a VPP Star Site. It's time to revive our VPP awareness and show continuous improvement by "Taking Safety to the Next Level" as we approach our three year mark for VPP Star Recertification in February 2018. Focus on the fundamentals of safety and curb your complacency by following the actions below.

What is Complacency?

"A feeling of being satisfied with how things are and not wanting to try to make them better"

- ◆ Content or self-satisfied

Why is Complacency Dangerous:

Most of our day-to-day behavior is automated; it happens without conscious or deliberate thought because it:

- ◆ Accepts bad habits
- ◆ Hinders the ability to recognize or acknowledge a hazard
- ◆ Exposes workers to workplace hazards and reduces safety awareness



Actions to Reduce Complacency:

- ◆ Adopt safety tactics and deliberately do them over and over on a consistent basis in absence of perceived danger until they become automated safety habits
- ◆ Analyze small mistakes, not just the serious ones
- ◆ Place visual aids in work areas as reminders, if you think you are becoming too complacent
- ◆ Discuss with co-workers the hazards of your job and look for signs of complacency in other people, this will help increase awareness
- ◆ Review the VPP frequently asked questions and go over them with your co-workers
- ◆ List ways to improve safety in your work area and discuss them with your supervisor



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