

TOOLBOX TALK

Complacency & Awareness: Watch Out for Each Other

In heavy construction, **complacency can happen to any of us**. When you perform the same task day after day, it is easy to stop actively thinking about the hazards around you. The problem is that our job sites are constantly changing - equipment moves, excavations get deeper, traffic changes, utilities are exposed, weather changes and people move in and out of the work area.

You Can't Stay Laser-Focused All Day

Let's be realistic: **nobody can stay 100% focused for 10 or 12 hours straight**. Fatigue, heat, repetitive work and long days can cause our attention to drift. That's why we have to **look out for each other**.

If you see a coworker getting too close to equipment, walking into a hazard, missing a spotter's signal or simply not paying attention, **say something**. Don't assume someone else will catch it. A simple **"Hey, watch out"** can prevent a serious injury. Looking out for each other isn't about criticizing someone - it's about making sure everyone gets home safely.

Stay Hydrated

Hydration is also part of staying alert. When you're dehydrated, especially during hot or physically demanding work, fatigue increases and your ability to concentrate can suffer. You may develop **tunnel vision**, become less aware of what's happening around you and be more likely to miss a hazard. Drink water regularly throughout the day. **Don't wait until you're thirsty**.

Fight Complacency

Before starting a task - or when something changes - take a few seconds:

STOP. LOOK. THINK.

- What has changed?
- What could hurt me?
- Where are the other workers?
- Where is the equipment?
- Is everyone aware of what we are doing?

And if something doesn't look right, **stop and speak up**.

The Bottom Line

We don't need to be perfect. We need to **stay aware, stay hydrated and watch out for each other**. You might miss something today because you're tired, distracted or simply having a long day. **The person working next to you might catch it**. And tomorrow, you might be the person who catches something they missed. **Don't let complacency turn an ordinary workday into someone's worst day**.

CREW QUESTION

What is one thing we can do today to help each other stay alert and prevent complacency?

Remember: Look out for yourself. Look out for your coworker. Go home safe.

TOOLBOX TALK - SIGN-IN SHEET

Complacency & Awareness: Watch Out for Each Other

Company / Crew:

Date:

Presenter:

Project / Location:

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Notes / Crew Discussion:
