

# ***Complacency***

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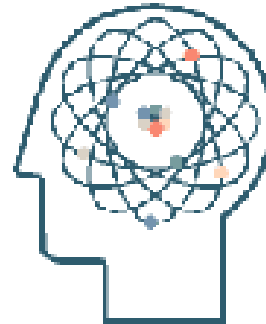


*Some people have their head in the sand and ignore what is happening around them, what's changed, what **NEW** hazards are there...*

# Webster's Definition

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- ❑ **Contented or self-satisfied to a fault.**



**We should comfort the afflicted, but we also need to afflict the comfortable.**

*John Kenneth Galbraith*

# Complacency

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- ❑ Complacency is the bane of physical security and personal safety.
- ❑ No matter how vigilant we are, as time goes by with no problems occurring, we become complacent and let our guard down.



# Complacency

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- *September 11th is a prime example.*
  - Immediately after the event, people were vigilant and leery of everything out of the ordinary.
  - Now, everyone is carrying on as they did before the attack.



# Complacency

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- ❑ Complacency is a natural function of the brain.
- ❑ The brain is designed to automate repetitive behavior.
- ❑ Complacency is *not* the result of apathy, carelessness, or a flaw in your personality; it is the way the brain functions.
- ❑ Most of our day-to-day behavior is automated; it happens without conscious or deliberate thought.

# Complacency

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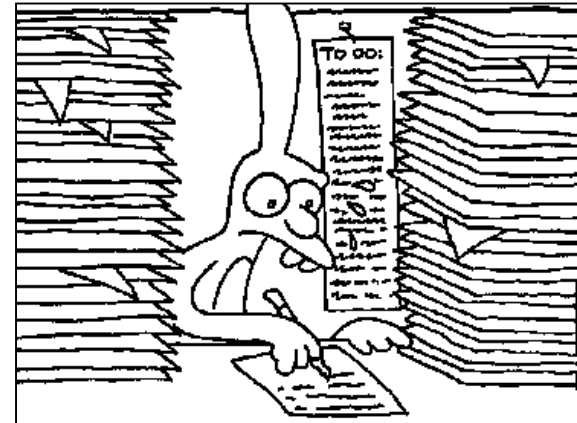
- Have you ever been driving and thinking about the solution to a problem and suddenly find yourself at your destination with no recollection of how you got there?



# Complacency

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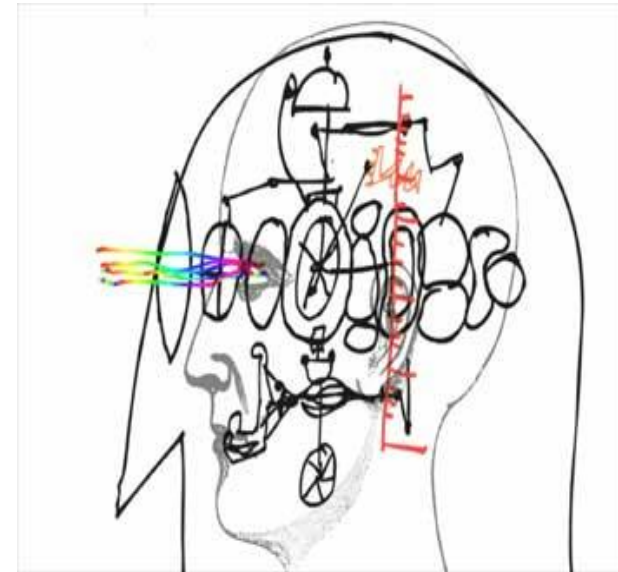
- ❑ The brain can handle routine actions without conscious guidance.
- ❑ Repetitive tasks become automated to free up our attention for things that are new, unusual, or threatening.
- ❑ If it were not that way, we would be overwhelmed by the simplest of tasks.



# Complacency

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- The brain constantly and unconsciously scans the environment for signs of danger.
- We notice and respond to what is unique, unusual, or threatening.
- However, repeated exposure to situations, even if they are potentially dangerous, *dulls* our defense mechanism and our awareness.





# Complacency

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- People who are **repeatedly** exposed to dangerous or violent situations, such as police officers, fire fighters, fencers, and rangers, become less concerned and cautious about them.
- We become complacent about our personal safety from repeated exposure to threatening situations that do not actually occur.

# Complacency

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- Psychologists call this habituation.
  
- Example:
  - a short amount of time after dressing, (the stimulus) the weight of your clothes creates is 'ignored' by the nervous system and we become unaware of it.



# Complacency

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- ❑ Habituation works against us when we are repeatedly exposed to the potential of dangerous situations, but nothing happens.
  - Vigorous duels
  - Chaotic melees
  - Storming the castle
  
- ❑ Over time, the absence of consequences causes us become lax about safety, etc.
  - In AUTO-PILOT



# Complacency

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- The cure for complacency is a deliberate effort to apply safety strategies, like protective gear or Safety Briefs, in the absence of perceived danger.
- Remember, the time that you are at greatest risk is when you least expect something bad is about to happen.



# Complacency

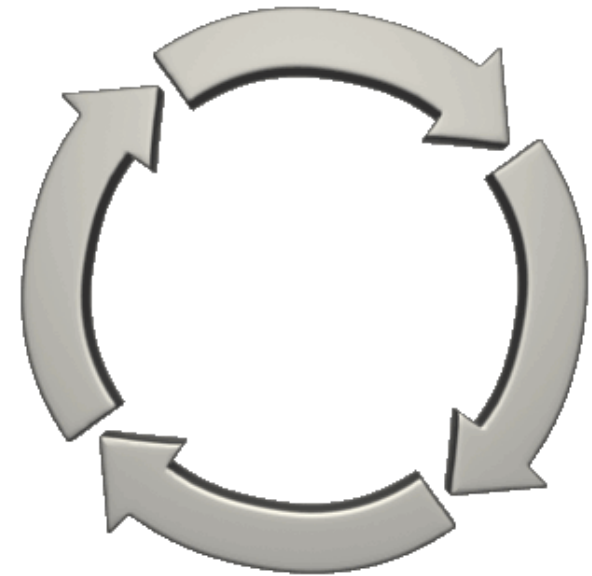
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- The key is to form safety habits that you do everyday until they override your former unsafe behaviors and become automated.
- Start by accessing your gear and fighting areas.
- When are you most susceptible to injuries, accidents, etc.?
  - Consider prevention situations:
    - at home
    - while commuting
    - while fighting
    - while carrying out your daily activities.

# Complacency

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- Adopt safety tactics and *deliberately* do them over and over on a consistent basis in the absence of perceived danger until they become automated safety habits.



# ***Safety Briefs***

# ***Refresher***

- **These four states...**


- **RUSHING**
- **FRUSTRATION**
- **FATIGUE**
- **COMPLACENCY**

  
**Why**

**did the critical error occur**

- **Can cause or contribute to these critical errors...**

- **EYES NOT ON TASK**
- **MIND NOT ON TASK**
- **LINE-OF-FIRE**
- **BALANCE/TRACTION/GRIP**

  
**What**

**caused the incident to happen**

# Complacency

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As we have stated before, **Complacency** sets us up for eyes and mind not on task, which can lead to line of fire and balance/traction/grip issues.

- RUSHING
- FRUSTRATION
- FATIGUE
- **COMPLACENCY**

- ☐ EYES NOT ON TASK
- ☐ MIND NOT ON TASK
- ☐ LINE-OF-FIRE
- ☐ BALANCE/TRACTION/GRIP



# Complacency

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- ❑ Complacency is like a chronic illness that you must treat daily to maintain your health.
- ❑ **You are never cured of complacency,** it requires constant attention to prevent it from adversely affecting your life.



# Preventing Complacency

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- Analyze small mistakes not just the serious ones
- If you think your are becoming too complacent, try placing visual reminders in your line of vision.
  - A loved ones picture
- Discuss with the folks you fight with the hazards of your activity
- Shadow another in their fight, looking for hazards
- Look for signs of complacency in other people
  - This will help bump up you awareness to help you fight auto-pilot



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**Do you have a story to share  
where *COMPLACENCY* has  
caused you to take your *Eyes and  
Mind Off Of Task* ?**