

Aviation Human Factors Industry News

Volume VI. Issue 10, March 19, 2010



Hello all,

To subscribe send an email to: rhughes@humanfactorsedu.com

In this weeks edition of *Aviation Human Factors Industry News* you will read the following stories:

★Not Necessarily Doomed

★Helicopter Pilot, Passenger
'Jump' And Survive

★System Safety Services - Gordon
Dupont

★Brace for Impact: Miracle on the
Hudson Survivors Share Their
Stories of Near Death and Hope for
New Life

★Aviation Magazines

★The Procrastination Cure

★Driving Safety

★A Four Letter Word

★How To Restore Balance in Your
Life

★ And More

Not Necessarily Doomed

Thirteen people have **fallen out of airplanes** with no means of slowing their and yet survived due to freakish landings that somehow broke their falls, according to research by a Massachusetts amateur historian. One of the, World War II airman Alan Magee, was blown out of his B-17 over France, fell 20,000 feet, crashed through the glass ceiling of the Saint-Nazaire train station, and was alive when German soldiers found him.



Helicopter Pilot, Passenger 'Jump' And Survive

Deep Snow Cushioned Fall To The Ground

We're not sure how much of this to believe, but a French helicopter pilot and his 63-year-old passenger are reported to have escaped serious injury when they **jumped from the aircraft** just before it impacted the side of a mountain. Both escaped with minor cuts and bruises. Multiple media sources cite a French Info radio report indicating that a dense fog formed as the unnamed pilot and passenger were flying to the city of Valance in southeastern France. When the pilot realized they were about to fly into the mountainside, he forced the passenger to jump, then bailed out himself. The helo impacted terrain moments later.



The accident occurred near a ski resort between the towns of Grenoble and Valance. Fortunately for the two unintentional daredevils, they fell into about **three feet of snow**, and escaped with only minor injuries. The pilot went and got help, and both were taken to a hospital for observation.

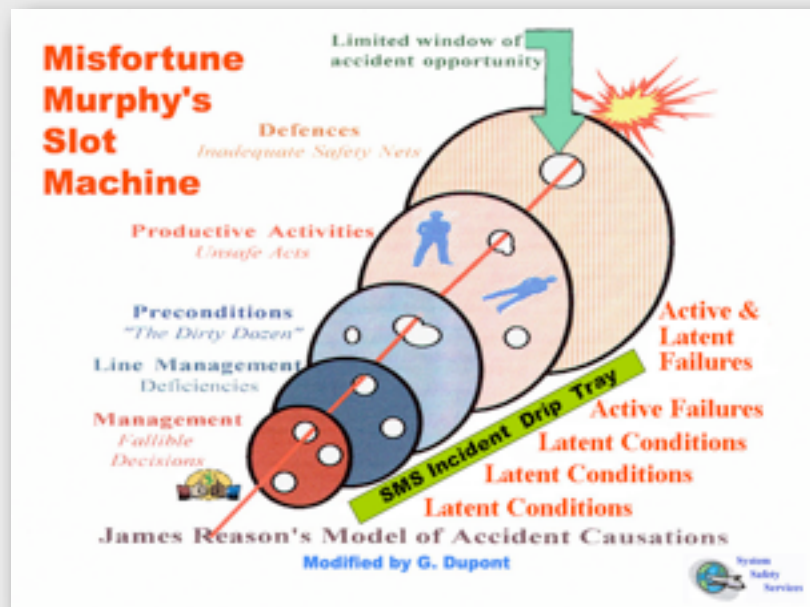
FMI: www.bea.aero/en/index.php

System Safety Services - Gordon Dupont

Misfortune Murphy Model

The model on the right is an adaptation of the original James Reasons' **Swiss Cheese model**. It was adapted to represent a slot machine to make it more interactive.

When the holes line up, you lose not win. The holes hazards, some of which may lay dormant for a long time until an "active" failure and an accident reveals them. It was further adapted to represent the role of a **Safety Management System** by adding a "SMS Incident Drip Tray".



The purpose of the tray was to gather information that would reveal the hazards without having to have an accident. System Safety Services calls this tray a "**Free Lesson Tray**".

For further information on this model please view our PowerPoint below.

PowerPoint Presentation - Misfortune Murphy

http://www.system-safety.com/trainingvideos/Training_Aids/Misfortune%20Murphy/Misfortune%20Murphy%20ModelR3.ppt

In the interest of Aviation Safety, you have permission from System Safety Services to use this presentation provided no changes are made without written agreement.

Learn more: http://www.system-safety.com/trainingvideos/Training_Aids/Misfortune%20Murphy/misfortune_murphy.htm

Brace for Impact: Miracle on the Hudson Survivors Share Their Stories of Near Death and Hope for New Life

What Passengers of Flight 1549 Want Others to Know About Second Chances

“Brace for Impact.” Three simple words that proclaimed to all passengers on board US Airways Flight 1549 on that cold, crisp New York afternoon of January 15, 2009, that their plane was about to go down in the icy Hudson River. **Three Simple words** that churned up their fear that the next two minutes would be their final moments on earth and spurred their most heartfelt, spontaneous prayers. We all know about the stunning tale of survival against all odds that followed. But there is a different, more meaningful and more timely story that has yet to be fully told. What happened to those passengers when they went home to their families, their homes, their jobs, and everything else familiar but somehow not the same? What has been the real impact, not of a disastrous crash but of a **gift of a ‘new; life**? What can any of us learn from the honest and open sharing of ordinary people who came bak from the brink of death?



Aviation Magazines

International Aviation Magazines and Publications – Free

<http://aviationmagazines.com/>



The Procrastination Cure

Put a contract out on yourself.

stickK empowers you to better your lifestyle. They offer you the opportunity, through 'Commitment Contracts', to show to yourself and others the value you put on achieving your goals.

Amaze yourself that you can accomplish anything on-time that you have been putting off. Change starts now!



<http://www.stickk.com/>

Driving Safety

Find out what are the **top distractions** for drivers and how to reduce delayed reaction times. Learn what to look for in driver training program the most effective one to meet your needs. Discover what event data recorders in today's vehicles provide and tips for teaching your employees to be better drivers. Watch this informative interview with Phil Moser of Advanced Driver Training Services and Jerry Laws, Editor of OH&S.



View the video: http://www.safeandsecuretvchannel.com/ohs_segment3.shtml

A Four Letter Word

Personal financial **debt** is receiving media attention since the sub-prime mortgage meltdown and the U.S. economy is beginning to climb out of it's worst recession. Just how will many more individuals find the means to pay back their debt without declaring bankruptcy?

Once enrolled in 'The 7 Habits of Highly Effective People' I recall the instructor discussing Habit 4, Think Win-Win. It's the habit of interpersonal leadership. In families and business, effectiveness is largely achieved through the cooperative effort of two or more people. Marriages and other partnerships are interdependent realities.

Both must make deposits into each others emotional bank account. There will be days when withdrawals may be excessive. If there is a lack of reserves in the account, the **debt** consequences could be severe. Pay back is a b----.

When working midnights many accumulate a sleep **debt**. In this fast pace world the reality is most don't put aside time to get a full amount of sleep our bodies need. Like accumulating too much financial and emotional debt by not making regular deposits, you build up a sleep debt when you don't sleep the required amount.

As a shift worker, it's hard to completely avoid sleep debt. It's important to be aware of your sleep debt and strive to keep it as low as possible by taking naps. It's no surprise – an effort to get more sleep can make you feel healthier and more energetic.



Accumulating a sleep debt may have serious consequences. It leaves you thinking less clearly, making more mistakes and your mood suffers. It puts you at risk for alertness lapses, poor health and reduced productivity.

Sleep debt is the difference between the number of hours you actually sleep and the number of hours you should have slept (7-8 hours). Your brain is a very precise and demanding bookkeeper when it comes to sleep. It figures out a way to make you pay back the sleep you owe. Your brain always collects on sleep debt.

The good news about sleep debt is that you don't need to repay it on a minute-by-minute basis. Although one good night's sleep usually isn't enough to pay off a large debt, two straight nights (days off) of extra-long sleep are generally enough to clear the account. We have a **duty-of-care** to be mentally, physically and emotionally prepared for the day's activities. Managing your sleep debt will increase your chances of success.

How To Restore Balance in Your Life

"You can have it all!" This one statement alone is responsible for causing a whole nation of over-achieving Baby Boomers to operate daily with **dangerously high levels of stress** and Generation X-ers to live in a constant state of overwhelm.

While it may seem the **norm** to feel stressed out these days, this isn't the it's supposed to be. Instead of simplifying and letting unimportant things go, people just get **busier**, trying to get ahead by doing more. This is taking its toll on the U.S. as a nation as well as on individuals physically, mentally, emotionally and spiritually. Finding balance in today's frenetically paced world is no simple task. Yet it can be done. And it begins by asking yourself one question: Even if you could have it all, would you **really want it**? After all, the drive to have it all is what got you into trouble in the first place, right?



The path to restoring balance in your life begins **by taking eight decisive steps each and every day**. These eight steps will not only reduce the amount of stress in your life, they will also help put you in control and make balance a way of life naturally and simply.

Eight Ways to Restore Balance in Your Life

Step One: Set your positive intention for the day.

First thing each morning, set your intention for the day ahead. Make sure it's a **positive one**.

Step Two: Set a “balance goal” for your mind.

Right after you set your positive intention for the day, spend the next five to ten minutes **mentally picturing your life** the way you want it to be. Clearly see and experience how it feels to be perfectly balanced, centered, and whole. By doing this you will have set a goal for the mind and a feeling state for the body to achieve.

Step Three: Simplify.

After you've set both the balance goal for your mind and the feeling state for your body, look over your week and see what you can do **to simplify your life** for the next seven days. Be very Zen about this. Invite simplicity to be your new way of life.

Step Four: Let things go.

As simplicity becomes your new way of being, you'll find that many of the things you compulsively thought just "have to get done" no longer need to be done. Do you really have to stay up late putting the final touches on that report or can you do it in the morning **after a good night's sleep**? Does the car really have to go in for detailing or is it OK to just go through the car wash for now? Begin today to recognize the things that don't really have much impact on your life, then allow yourself to let them go.

Step Five: Set priorities and create boundaries.

When you begin living more simply and letting things go, you'll find yourself coming quite naturally into alignment with a more balanced lifestyle. You'll feel in charge again. You'll be eager to set priorities. You'll find yourself wanting **to create healthy boundaries** in order to maintain balance. The key here is to figure out what you want your priorities to be, not what you think they should be.

Step Six: Learn to say no to others.

The more balanced you become, the more you will come to appreciate and utilize the word "no." Saying no helps you to maintain the balance and equilibrium you so crave. Quit doing things you only do out of guilt or a negative sense of obligation. Instead, make more room in your life for the activities that are meaningful to you and bring you joy.

Step Seven: Practice saying yes to you.

Now that you've learned to say no to others, it's time to practice saying yes to you. In order to restore balance, it's important to experience fun and relaxation as essential to your balanced life and lifestyle. Therefore, make sure that you set aside time each day for an activity that you enjoy, and set aside one night each week for something special you know will rejuvenate you.

Step Eight: Protect your private time.

The final thing to do as you go about living your balanced life is to fervently guard your personal and private time. There are very few things that actually warrant a necessary and urgent intrusion into your personal time. Let no one and nothing distract or intrude upon you. Turn your cell phone off.

While you can have what you want, it must certainly be clear after reading this article that the quest to have it all is what's causing you and your life to be out of balance. Balance doesn't mean doing everything. Balance means having equilibrium in your life and ease in your lifestyle. Follow these eight steps to restore balance in your life to help reduce stress and put you back in balance naturally and simply.

<https://www.justculture.org/services/publiccourse.aspx>

Human Factors Industry News 10

The 'Dirty Dozen' have NO Place in Your Toolbox



The 'Dirty Dozen'

Resources Awareness Knowledge	Stress Fatigue Pressure
Complacency Distractions Norms	Communication Assertiveness Teamwork

Adapted from Transport Canada's Human Factors multi-disciplinary team.

Correct training, manuals and equipment. **Think** of the possibilities, **check** your work, and **ask** yourself 'has something been overlooked?'

Be **aware** of them. They are **traps**. **Double check** your work. **Don't** trust your memory. Do it **correctly**. **Don't** take shortcuts.

Stop – assess the situation.
Look – at the problem rationally.
Listen – to your rational mind.
Act – to neutralise the situation.

Ask questions.
Plan and **discuss** (what, how, why, when, where and who?)
Record your work.
Ensure all is understood and agreed.
Refuse to compromise your standards.



Don't Take Shortcuts – It's Not Worth The Risk

CAA Advisory Circular AC-1 Mandatory Compliance Notification and Information and AC-2 Incident Investigation contains information on Occurrence and Factor Categories.

Published November 2009