

Aviation Human Factors Industry News

Volume VI. Issue 30 - September 03, 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:

★New York Plans to Gas 170,000
Geese

★Five Benefits of a Near-Miss
Reporting Culture

★Make Reporting a Daily Event

★EASA 2009 Safety Review
Published

★Professional Pursuit

★Global Study of Aviation
Maintenance Instructors

★Recovery sleep' can make up for
lost ZZZs

★Lose weight or lose eight

★Consistency Wins the Race

★Honda showcases its first private
jet

New York Plans to Gas 170,000 Geese

Population of Canada Geese to be reduced by two-thirds: Report

In the wake of the 400 geese removed from Prospect Park and gassed to death, a report, obtained by the New York Times shows that the city and state has plans to reduce the goose population in New York from approximately 250,000 to 85,000. That means 170,000 geese are cooked -- or gassed, more accurately.

The plan comes from five months of meetings after the [US Airways Flight 1549 struck a flock of geese](#) mid-flight and lost both engines in an emergency landing on the Hudson River, a high-level official at the U.S. Department of Agriculture told the New York Times.

"The population of resident [Canada](#) geese needs to be reduced in metropolitan [New York City](#) to protect aviation safety," the report reads.

The report also cites the need to keep water supplies free of fecal contamination, property damage, loss of land use and contaminated water due to fecal droppings, and the expense of geese relocation programs as reasons for the action.

The plan is to gas "all resident Canada geese...within 5 miles of airports in metropolitan New York City." The geese will be "brought to a secure location and euthanized with methods approved by the American Veterinary Medical Association" and then "buried," according to the city's report.

Hunting, the preferable method for animal population control, has been ruled out in this case because it's too risky in the city's densely-packed urban environment.

Interestingly, of the 676 reported bird strikes at [JFK airport](#) and the 410 reported at La Guardia between 2004 and 2008, only five and four respectively involved Canada geese.

The report also notes that there are two types of Canada geese: migratory and resident, the latter being the primary target.



The state DEP estimates that 20 to 25 thousand resident geese live in the metropolitan New York region.

These geese pose a more serious threat because they become sexually mature at two years of age, while migratory geese reproduce at ages three to five, and because they "adapt to hunting by locating properties where hunting is prohibited or does not occur," the report states.

Five Benefits of a Near-Miss Reporting Culture

Wouldn't it be great to have some sort of system in place to **stop workplace injuries, fatalities and equipment damage** situations before they occurred?

If your company created a near-miss (close call) reporting culture, it would move a long way toward achieving that goal. There are several benefits to having a **near-miss reporting culture** in place, including these: It enables companies to pro-actively resolve hazards before a tragic or costly incident occurs.

1. It engages the workforce (all workers at all levels) in solving problems.
2. It increases safety ownership and reinforces workers' self-esteem.
3. It exposes valuable information that otherwise might not be discussed.
4. It develops a positive and necessary attitude surrounding safety.

When it comes to creating a near-miss reporting culture, **supervisors play a key role in education and awareness building efforts**. Here are some ways you can help get employees to report near-misses:

1. Explain why near-misses must be reported.
2. Require that all near-misses be reported without delay.



3. Expand the definition of “incident” beyond injuries and illnesses, to include near-misses and hazards.
4. Educate employees about what constitutes a near-miss and why such incidents need to be reported.
5. Create a “willingness to participate” environment. Ensure that workers are not fearful of reporting near-misses and that there is accountability at all levels.
6. Make it easy for employees to report a near-miss. Create clear written guidelines that include do’s and don’ts as to what types of incidents should be and should not be reported. The near-miss reporting forms should be standardized, simple and easy-to-find.
7. When a near-miss is reported, thank the employee and use the information to remedy an unsafe situation.

Make Reporting a Daily Event

Many employees are either **reluctant** to report near-misses, are **unaware** of the importance of doing so, or simply **don't know** the reporting process. So how do you encourage the reporting habit? Here's a good tip. We're a plant working with fabricated metal. We have a pre-shift at the beginning of each shift to review the daily schedule and line assignments and **ask if there were any near misses the day before**. These are written on a dry erase board with the date and Production Line number:

1. For the other shifts to review.
2. For Maintenance to review and see about any corrective action.
3. Are recorded before being erased after one week.

The logo for DailyMirror, featuring the word "Daily" in a blue serif font and "Mirror" in a blue sans-serif font with a red dot over the 'i'.

EASA 2009 Safety Review Published

The European Aviation Safety Agency (EASA) has published its Annual Safety Review for 2009. The year 2009 had one of the **lowest numbers** of fatal accidents involving aircraft operated by EASA Member States air transport operators. During the year, there was a single fatal accident involving an Airbus A330 over the South Atlantic Ocean, which resulted in 228 fatalities.



"The results of the Annual Safety Review 2009 are an **encouragement** to continue our efforts to maintain and further improve aviation safety in Europe," EASA Executive Director Patrick Goudou said.

The report can be downloaded from EASA's [Web site](http://easa.europa.eu/communications/general-publications.php#annualsafetyreview).

<http://easa.europa.eu/communications/general-publications.php#annualsafetyreview>

Professional Pursuit

Wanna see something amazing? Spread a deck of Professional Pursuit A&P flash cards around the break room and watch what happens during lunch. Those popular style flash cards ask questions from General, and Avionics. Each deck contains 400 cards with 1600 questions and answers. There is no better **educational tool** and no better way for your crew to spend their off time.Oh better yet, throw a few at your boss and see what he/she remembers!



<http://www.actechbooks.com/products/act530/>

Global Study of Aviation Maintenance Instructors

University of Minnesota

A global research study for **aviation maintenance instructors** is underway through the University of Minnesota. This anonymous, online survey information about the professional experience and opinions of instructors. The goal is to create a composite picture of the **professionals teaching aviation maintenance** while identifying any significant differences due to industry segment, regulatory agency, type of training, or type of organization. The results of this study are intended to provide business leaders, regulators, and academics with a perspective on the state of the industry from an important population that has not been studied on this scale before.



The researcher, Doug Larson, is an FAA-certificated aircraft maintenance technician with inspection authorization. Doug has worked both as an aircraft maintenance technician and an aircraft maintenance instructor designing and delivering training content around the world. He is a member of the SAE Aerospace - Commercial Aircraft Composite Repair Committee training task group and contributed in the development of the SAE / PAMA Aviation Maintenance Engineer certification exam. This research study is the capstone project (thesis) for a masters degree in education.

The link to the survey is: umsurvey.umn.edu/index.php?sid=93487 **≤um**

Recovery sleep' can make up for lost ZZZs

Let's be honest: Sleeping eight blissful hours every night is nothing but a dream for most people, especially during the **hectic workweek**. Weekends vacations provide the few opportunities our chronically sleep deprived has to catch up on some missed hours of shut-eye. Thankfully a **new study** just published in the journal Sleep has found that those periods of "**recovery sleep**" are good for us and can actually undo some of the damage caused by sleep deprivation.



The study authors recruited more than 150 healthy sleepers, aged 22 to 45, who regularly slept 6.5 to 8.5 hours a night. None of the participants worked irregular shifts or had traveled internationally in the months leading up to the study.

To begin the study, each person slept 10 hours a night for two nights so the researchers could reduce any pre-existing sleep deficits. Afterwards each participant was only allowed to sleep for **four hours a night**, for five straight nights. The researchers constantly sampled their level of alertness and neurobehaviors throughout the day.

On the sixth night, each participant was granted a period of "**recovery sleep**" that ranged upwards of 10 hours. The study authors found that any period of recovery sleep restored the participants' neurobehaviors, including level of alertness and their **ability to concentrate**.

"**You don't realize now just how far off normal you are or how much more alert you could be if you've gotten more sleep**," says Dr. David F. Dinges, one of the study authors and Chief of the Division of Sleep and Chronobiology at the University of Pennsylvania School of Medicine.

Dinges says people who **chronically under sleep** need regular recovery periods of sleep because most people cannot handle sleeping only a few hours a night.

But burning the midnight oil during the week and then crashing on the weekends is not ideal, despite the health benefits of recovery sleep.

"Getting recovery sleep is important and that may take more than a day," says Dinges. "**Don't get chronically sleep deprived in the first place.**"

Dinges says that despite society's frenetic pace, sleep should be **a priority** for everyone.

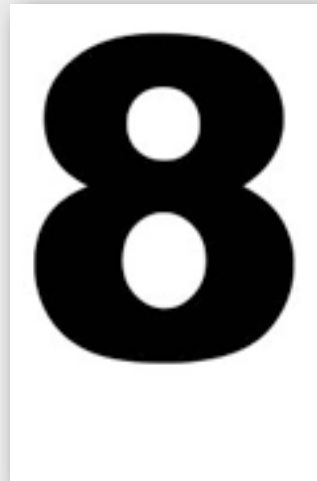
"It's a profound mistake of people to take for granted you can abuse the system endlessly at no consequence to yourself," says Dinges.

"Prioritize sleep!"

<http://pagingdrgupta.blogs.cnn.com/2010/08/02/%e2%80%98recovery-sleep-%e2%80%99-can-make-up-for-lost-zzzs/>

Lose weight or lose eight

Men who are **obese at age 20** have already taken years off their lives-**eight years**, to be exact. Researchers in Sweden tracked the military records of men, starting at age 20 and going up to age 80. They found that most men who were obese at 20 were plagued by excess weight for decades to come. In any given year, they were twice as likely to die as those who didn't have an early weight problem. Very few of the men who'd been obese at 20 **were still alive at age 80**; on average, they died eight years earlier than their normal-weight peers. The findings highlight the importance of addressing obesity **early on**, medical researcher Ester Zimmermann tells LiveScience.com. "If it has not occurred in men by the age of 20, the chances of it developing later are quite low."



Consistency Wins the Race

After being beaten by Tortoise, Hare reminds himself, “Don’t brag about your lightning pace, for Slow and Steady won the race!” There’s wisdom for today in this age-old Aesop fable, and today’s lesson is about the power of being **consistent** when it comes to reaching your goals. Whether you have committed to eating healthy, to exercising regularly, or to achieving an aggressive sales target, being consistent will play a crucial role in achieving your **goals**.



Why Strive to Be Consistent?

To illustrate the value of consistency, consider this amazing fact:

- A single penny doubled every day for 31 days results in a whopping \$10,737,418.24.
- A single penny doubled every other day for 31 days yields just \$163.84. That’s less than 1/100th of 1% of the ten million you would get if you doubled it every day!
-

The real value of being consistent isn’t about how to make ten million dollars. It’s much more practical and widely applicable than that. Consistency is about developing the **persistence and patience** necessary to stick with your goal until it is realized. I have learned repeatedly, throughout my career, that the fastest way to achieve any goal is by being consistent.

What Are Your Consistency Zappers?

The greatest challenges you must be prepared for are YOUR excuses.

- “There are a million other things I have to deal with. It’s impossible for me to focus on just one.” (It’s too difficult.)
- “It’s hard for me to be consistent because I’m just so busy.” (I’m overwhelmed.)
- “Sure, _____ was important last week, but my priorities are constantly changing.” (I’m not control.)

Do any of these sound familiar to you? It's ironic to think that our excuses are the **biggest challenges** we must overcome to be consistent in doing what is required of us to achieve our goals. Isn't that ridiculous? It's the excuses we allow that sabotage us from achieving our goals.

I have fought this battle of excuses enough during my career to know that the only way my excuses won't keep me from being consistent is if the goal is important enough to me.

Do you have a goal you want to achieve? If so, start by making a list of those activities that are most important in helping you reach your goal. Then follow my seven recommendations below.

Seven Ways to Increase Your Consistency

1. **Make a commitment.** After you identify the activities you need to do to accomplish your goals, make a commitment to do them consistently—without fail or excuse. Make that decision as to when and what you will do in advance, rather than waiting until the time you plan to do it.
2. **Set up routines.** Establish a routine to do your daily activities. For example, if you are going to exercise every morning, set up a routine. Allocate the amount of time you will need to do each activity up to and including your exercise period—such as getting out of bed, dressing, morning chores, and travel time.
3. **Don't allow excuses.** Resolve right now that you will not permit yourself to make excuses.
4. **Take advantage of your peak energy state.** When is your energy level at its highest? Whenever possible, use these times to devote to the activities you need to be consistent about. It's much easier to do what you know you should do when you have energy than when you are exhausted!
5. **Do the challenging tasks first.** I have found it is always best to do the most important activities first. If the tasks that will drive your results and help you achieve your goal are hard, do them first. It's too easy to put off the things we don't enjoy.
6. **Review your goals often.** After writing down your goals, consider writing a commitment letter to remind yourself why your goal is important and to list the reasons you want to achieve it. Review the letter anytime you find yourself procrastinating or rationalizing that something else is more important.

7. **Commit to 21 days in a row.** It takes 21 consecutive days to make something a habit. Consistency will be easier once it becomes a habit for you. Will you do what is required of you for 21 straight days?

How to Win the Race

- Look at your goals and decide what you need to do with consistency to achieve them.
- Determine which of the seven suggestions above apply to your situation.
- Put together a daily action plan.
- Set a consistency goal that you can maintain over an extended period of time.
- Be realistic. Biting off more than you can chew will only result in frustration.

You are in control of your life and how you spend your time. You can achieve any goal you set if you will be consistent in doing the correct activities correctly.

Honda showcases its first private jet

Honda has been showcased its first private jet at the EAA AirVenture Oshkosh. The company says that the model will be flying at the end of the year. HondaJet is the first venture of the **auto manufacturer to aviation**. The brand is commonly associated with automobiles and motorcycles. The says that it will also bring its manufacturing innovations to the jet industry.

Unlike most jets, Honda's design mounts the engine above the wing-which will allow for drag reduction, noise reduction, and fuel efficiency, according to the company.

Honda says that its jet factory will be completed by 2011 and they expect to fulfill first deliveries by 2012.



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