

Aviation Human Factors Industry News

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From the sands of Kitty Hawk, the tradition lives on.

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:

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FAA Implements Safety Management System

Babbitt: SMS Helps FAA Manage Risk And Challenges Of New Technology

The FAA's Air Traffic Organization **is now operating under a Safety System**. This enables the FAA to **manage the risks** associated with changes in the National Airspace System that include installing, and removing equipment, as well as modifying and implementing procedures and airspace changes.

“An effective safety management system lets us **manage both the risks and the challenges** of introducing new technology into the National Airspace System,” said Randy Babbitt, FAA Administrator. “Practically speaking, SMS is as important as the new technology itself. We're able to assess risks with a standardized approach. SMS will be a huge boost for NextGen.”



The Safety Management System serves as a framework to allow the FAA to **identify, assess and manage safety risks** associated with changes to the National Airspace System (NAS). For example, as NextGen technology is introduced into the airspace system, an air traffic safety team will conduct a risk analysis and document the technology's safety impact on the NAS. The FAA conducted this type of review for the Automatic Dependent Surveillance – Broadcast (ADS-B) technology before it became operational in the Gulf of Mexico.

In 2004, the FAA initiated a plan to implement an agency-wide Safety Management System, in accordance with requirements the International Civil Air Navigation Organization (ICAO) has established. Four main components make up the Safety Management System: **safety policy, safety assurance, safety risk management, and safety promotion**. **Safety policy** defines the safety management system philosophy, how implementation is carried out, and functions, processes, and responsibilities. **Safety assurance measures** the safety of the NAS through reviews, evaluations, audits, inspections, investigations, and data tracking and analysis.

Safety risk management identifies hazards and mitigations to safety risks. **Safety Promotion** includes training and communication of lessons learned, which contribute to promoting a positive safety culture.

“I am extremely pleased at the dedication and hard work of safety professionals across the Air Traffic Organization that has led to the approval of the Safety Management System,” Babbitt said.

The FAA’s Aviation Safety and Airports offices will also establish Safety Management Systems by the end of fiscal year 2010.

PRESS RELEASE

The Aviation Consulting Group (TACG) has announced today that it will be offering **complimentary safety culture assessments** for any aviation interested in measuring and improving its safety culture. TACG uses its proprietary Safety Culture Assessment Tool (SCAT) to gather employee attitudes related to various safety culture items. TACG will be maintaining a de-identified database that will be useful for benchmarking purposes and will be made available to all of our SCAT clients.



Benchmarking allows your organization to not only understand your own organization’s safety culture but to also make comparisons with other, similar organizations to see where you stand relative to your sector.

TACG is currently offering the SCAT at no charge to aviation organizations that are **sincerely interested** in understanding and improving their safety culture. This is a limited time opportunity that will expire on May 31st, 2010. After that time there will be a nominal fee charged for the administration of the SCAT. Please visit our website or contact us if you are interested in learning more about our SCAT and your safety culture.

The Aviation Consulting Group is a global leader in aviation safety training and consulting. We have been in business for 10+ years in which time we have trained thousands of aviation personnel throughout the world.

Bob Baron, Ph.D

President,

The Aviation Consulting Group

Safer Skies Through Training, Consulting and Research

USA: 1-800-294-0872

INTL: 1-954-803-5807

www.tacgworldwide.com

CONTINUING EDUCATION

Embry-Riddle Aeronautical University - Professional Programs is hosting the following five-day short-courses which combine the latest in safety, **human factors and accident investigation topics in a professional and dynamic classroom environment. Participants may elect to take course(s) independently or complete all three courses to receive the Certificate of Management in Aviation Safety. Participants will receive Continuing Education Units (CEU's) for each course successfully completed**



Course Dates: May 17-21, 2010 (Daytona Beach Campus, Florida)

Please contact ERAU Professional Programs/CASE Short Courses:

Director: Sarah Ochs

Phone: (386) 226-6928

Fax: (386) 226-6719

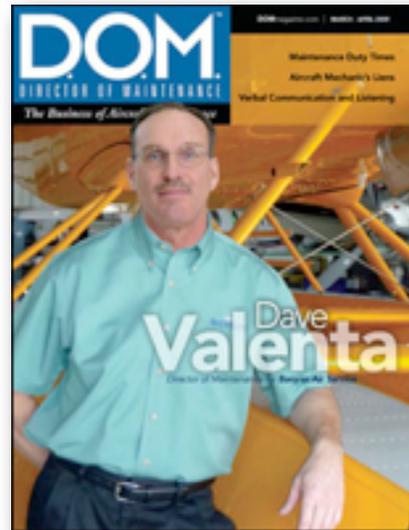
Email: case@erau.edu

Website: <http://www.erau.edu/academic/ep-case.html>

Registration Information: <http://case.erau.edu/register/CASE%20registration.pdf>

[View the March 2010 issue of D.O.M. magazine online today!](#)

The March 2010 issue of D.O.M. magazine is online today at <http://www.dommagazine.com/>! D.O.M. magazine is mailed to more than 20,000 Maintenance and Maintenance managers in North America. April is Just around the corner - Look for your copy of D.O.M. in the mail - and don't forget to update your mailing information at www.dommagazine.com/domsubscriptionform.html. Also, check the new HAI sponsored SMS video "Profiles of Safety" online! (find it on our homepage at www.dommagazine.com) It's a MUST for maintenance managers.



[Are You Hooked on Red Bulls or Coffee? Type 1 Sugar Addiction](#)

[Are you hooked on Red Bulls or coffee?](#)

To beat sugar addiction, first you'll need to figure out what type of sugar you are. Let's begin with Type 1: Exhausted and hooked on "Loan Shark" energy drinks (full of caffeine and sugar)

Many of you are simply exhausted by the pace of modern life, and have found that sugar and caffeine give you a quick energy boost. What you've likely missed is that these are also "energy



loan sharks,” which a few hours later can leave you even more tired than when you started. Borrowing money from a loan shark is a bad idea, and **so is** getting your energy from energy loan sharks.

The following simple quiz will tell you if you are a Type 1 Sugar Addict. If you are, we'll teach you how to turbo charge your healthy energy production instead, so you won't be craving the sugar and caffeine!

Your total score will tell you whether you fit the Type 1 profile.

1. Do you feel tired much of the time? (20 points)
 2. Do you need coffee to get jump-started in the morning? (10 points)
 3. Do you experience a mid-afternoon slump? (10 points)
 4. Do you have occasional insomnia? (20 points)
 5. Are you gaining weight or having trouble losing weight? (Score 1 point for every two pounds gained over the past three years.)
 6. What is the average number of ounces of caffeinated coffee or soda you drink daily? (Score 2 points for each ounce.)
 7. What is the average number of ounces of “energy drinks” containing sugar or caffeine that you drink daily? (Score 6 points for each ounce.)
 8. Do you repeatedly crave sweets or caffeine to give you the energy to get through the day? (25 points)
 9. Are you working more than forty hours a week? (Score 2 points for each hour over forty.)

Score

0-30: No problem. Skip to the next quiz.

31-60: Treating Type 1 sugar addiction will help you feel a lot better.

Over 60: You are a sugar and caffeine junkie. Read on to learn how to restore your energy production naturally so that you can cut back on sugar and still feel great.

Treating Type 1 Sugar Addiction — **Think “SHINE”**

Sleep — Make time for 7-8 hours sleep a night. Begin by cutting those things out of your life that give you the least pleasure (hints — the evening news, meetings and social gatherings you hate, etc). If you have trouble

sleeping, herbal mixes can be very helpful.

Hormonal support — Consider the possibility of an under active thyroid, even if your blood tests are normal.

Infections — Some will have chronic bladder, prostate, or other infections. Chronic sinusitis and spastic colon (which suggest a Type 3 sugar addiction) are especially common and problematic.

Nutritional support — A simple morning energy drink using a good multi-vitamin and nutrient powder along with, ironically, a special healthy sugar called “ribose,” can give outstanding nutritional support and turbo charge energy production. In fact, in a recently completed study, ribose (Corvalen) increased energy an average of 60% after just 3 weeks!

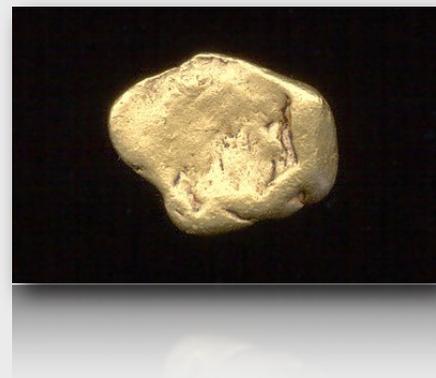
Exercise — Preferably out in the sunshine.

For many, simply getting the simple nutritional support above and a 20-30 minute walk each day, along with a bit more sleep (aim for 8 hours, but get at least 7 hours) will make all the difference. Those with the combination of both severe exhaustion and severe insomnia will usually have chronic fatigue syndrome, and will need “SHINE Intensive Care.”

Midnight Nugget

Real Life Tips for Improving Alertness on the Night Shift“Whoops!” Slip-ups are a fact of life during the overnight hours, when most people are at greater risk of lapses in concentration compared with day-hours.

An alertness lapse may simply cause you to trip over your own feet or spill a cup of coffee. On the other hand fatigue can lead to bad decisions, sloppy work and accidents. Studies have found that accidents on the night shift tend to be **more serious-and the resulting injuries more severe**-than those that occur during the daytime.



It's vital to take extra precautions on the night shift. The **'danger zone'** for most people occurs around **4 to 5 a.m.** when alertness dips to its daily low point. At this time it can be difficult to concentrate on the task at hand, you may feel chilly, and all you can think about is finding someplace to lie down.

Shiftworkers, physiologists and researchers, have collected a list of **'fatigue countermeasures'** that can help you stay alert during the night shift:

- **anticipate points of low alertness.** If you know when you usually hit a low-point in your shift, you can take steps to minimize your alertness dip.
- **Take naps before work** and/or during break (if allowed). Naps are a great and healthy way to boost energy for hours.
- **Use caffeine effectively.** A cup of coffee or tea at the right time can be a great energy boost – just don't consume caffeine too close to your bedtime.
- **Exercise or take a walk around the site** – exercise gives you energy.
- **Talk to co-worker** or make a phone call. Nothing stimulates the mind like talking to another person.
- **Listen to music** or a talk show.
- **Vary your normal routine** when possible.
- **Change posture frequently** – alternate sitting, standing, and walking.
- **Play metal games.** Keep your mind alert, your body will follow.
- **Read interesting material** (if allowed).
- **Wear layer of clothing** that can be added or shed depending on your core body temperature.
- **Increase workplace environment lighting.** Watch out for too much glare, which can tire your eyes.
- **Develop healthier eating habits.** Some snack food, like candy bars, can make you more tired.
- **Keep healthy snacks nearby** like pretzels, fruit or vegetables (if allowed).

- **Chew peppermint gum** (if allowed)
- **Ask fellow shift workers** what they do when they get tired.

Four Splendid Truths

* **First:** To be happier, you have to think about feeling good, feeling bad, and feeling right, in an **atmosphere of growth**. * **Second:** One of the best ways to make yourself happy is to **make other people happy**; One of the best ways to make other people happy is to be happy yourself.

* **Third:** **The days are long, but the years are short**. (click the link to see my one-minute movie)

* **Fourth:** You're not happy unless **you think** you're happy.



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