## **FATIGUE** THE DIRTY DOZEN

"I'm glad this double shift is

80% of mistakes in aviation involve **HUMAN FACTORS** and if not detected could lead to accidents

1. LACK OF COMN

COMPLACENCY

LACK OF KNOW

**DISTRACTION** 

5. LACK OF TEAM

6. FATIGUE

7. LACK OF RESO

**PRESSURE** 

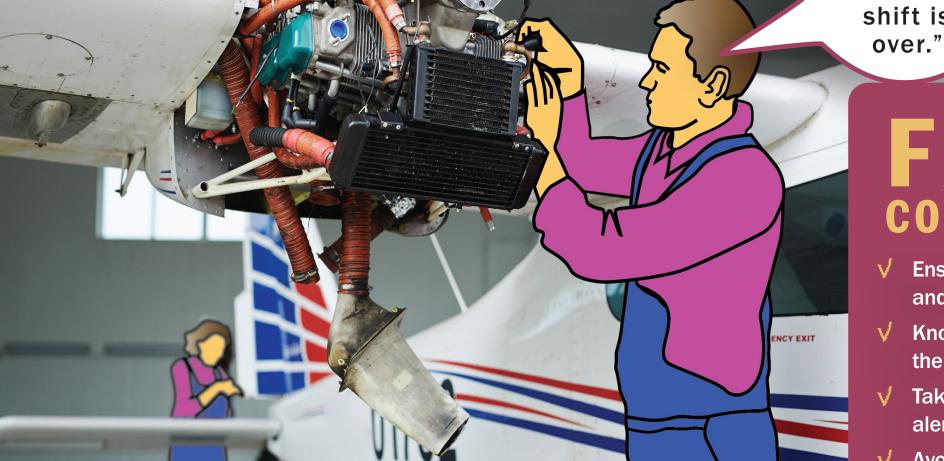
9. LACK OF ASSE

10. STRESS

11. LACK OF AWAR

12. NORMS

This refers to ALL AREAS of activity related to aviation



## FATIGUE COUNTERMEASURES

- Ensure you get sufficient rest, nourishment and exercise.
- Know the symptoms of fatigue and look for them in yourself and others.
- Take steps to manage your fatigue to keep alert and reduce errors.
- Avoid scheduling complex tasks at the window of circadian low (02:00-06:00).
- Ensure you are not too fatigued to be able to perform your work safely and reliably.

































































