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# FATIGUE THE DIRTY DOZEN

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

“I’m glad this double shift is over.”

1. LACK OF COMMUNICATION
2. COMPLACENCY
3. LACK OF KNOWLEDGE
4. DISTRACTION
5. LACK OF TEAMWORK
- 6. FATIGUE**
7. LACK OF RESOURCES
8. PRESSURE
9. LACK OF ASSERTIVENESS
10. STRESS
11. LACK OF AWARENESS
12. NORMS



## 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.

This refers to ALL AREAS of activity related to aviation