

10

STRESS THE DIRTY DOZEN

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

This refers to ALL AREAS of activity related to aviation



“We’ve lost one aircraft!
How are they going to pay my wages?
What if they sue me?”

80%

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

STRESS COUNTERMEASURES

- ✓ Manage stress before it affects your work.
- ✓ Learn to recognise the signs & symptoms of excessive stress in yourself and others.
- ✓ Take rational approach to problem solving.
- ✓ Discuss the problem with someone.
- ✓ Manage your own stress levels by optimising workload, nutrition and exercise.
- ✓ Slow down – do it safely!

