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RESILIENCE AND SAFETY

STRESS AND PERFORMANCE

Many of you may know about the link between stress and performance. In stressful situations, performance declines over time, and the more difficult the task or the more distracted we are, the steeper the decline in performance. Studies have shown that not only is this link real, but it often goes unnoticed by the person affected. That “not noticing” is the particularly pernicious effect of stress on performance – and safety.

Because our lives involve responsibilities and decisions that are in a constant state of change, we may not notice the buildup of fatigue that comes with added physical and emotional burdens. This buildup can lead to a serious decline in safety focus. ***Bottom line: Do not ignore the signs that can put you or your fellow members at risk.***

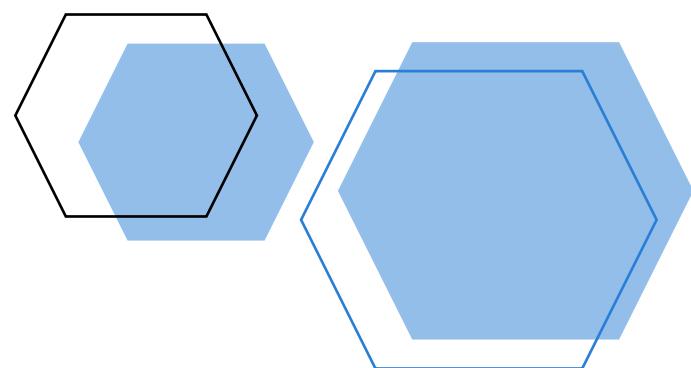
WHAT DOES RESILIENCE HAVE TO DO WITH SAFETY?

In short, resilience is the capacity to adapt to and recover from difficulties, and resilience and safety are linked in our capacity to manage complex tasks and maintain focus on assuring people and resources are protected.

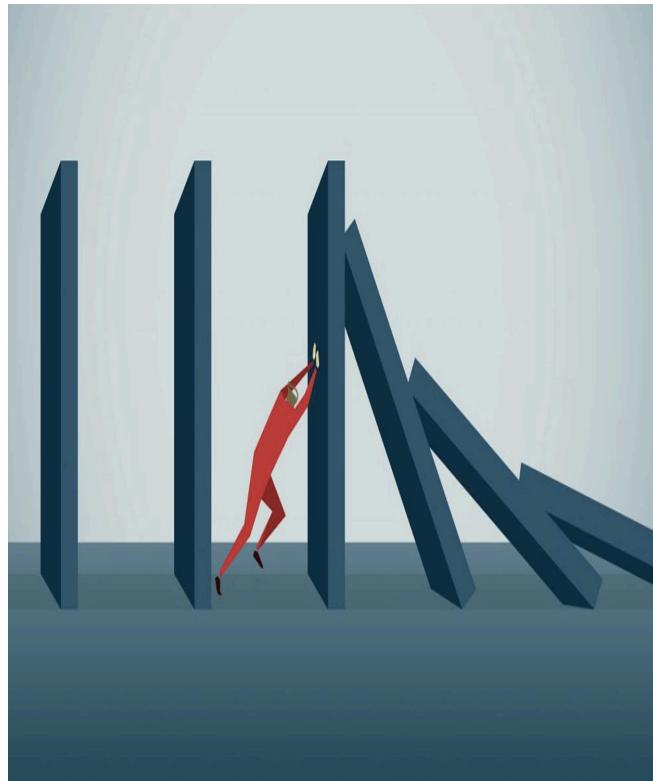
CONTRIBUTING FACTORS TO RESILIENCE AND SAFETY

The big three building blocks of resilience are sleep, diet, and exercise. When these are neglected, we undermine the foundation of resilience. Your family health professional can offer more advice to meet your specific needs. Generally, 7-8 hours of sleep, balanced diet including fruits and vegetables, and daily movement are good places to start.

Beyond the basics, know your limitations and when to say no. Taking a few moments to self-assess will go a long way toward protecting yourself and your fellow members. Pay particular attention to these “I’M SAFE” areas below where your capacity for managing stressful tasks and recovering from difficulties is reduced:



- **Illness** – Do you feel well? Are you ill now or have you been in the last two weeks?
- **Medication** – Are you taking any prescription or over-the-counter medications with side-effects that can impair your judgment or ability to operate machinery?
- **Stress** – What life or work stresses have you experienced recently, including big changes like having children, getting married, a job change, or loss of a loved one?
- **Alcohol** – Have you consumed alcohol in the last eight hours or are you still experiencing the effects of alcohol (i.e. hangover)?
- **Fatigue** – Are you feeling tired or burned out, even if just a little more than usual?
- **Eating or Emotion** – Have you eaten recently, or do you feel hungry? Have you dealt with an emotional experience, like an argument with your child or spouse; a recent loss of a loved one?





THE HAZARDS OF SPRING

Spring has arrived for many parts of the United States, which also means the arrival of some special weather-related hazards.

- **Thunderstorms** – Concerns in both spring and summer, thunderstorms are more than hazards for aviators: lightning, flooding, and tornadoes can negatively impact driving and outdoor activities. “When thunder roars, go indoors!”
- **Heat** – For some, springtime temperatures can soar into the 80s and 90s or higher; be sure to beat the heat by wearing the right clothing and planning for hydration.
- **Avalanches** – Not a concern for everyone, but for those who live and play in mountainous areas, spring avalanches can be a danger. Pay attention to avalanche warnings and stay away from danger zones.
- **Flooding** – Beyond thunderstorms, heavy spring rains can cause flooding. Avoid flooded areas and never drive through a flooded area.
- **Tornadoes** – Stay aware of weather conditions and have a plan for where to shelter – click [here](#) for more information
- **For additional information:** [National Weather Service Spring Weather Safety](#)



...Four out of every ten workplace hand injuries are cuts or punctures, a large percentage of which result from failing to wear cut-resistant gloves?



NEW SAFETY OFFICER SPECIALTY TRACK GUIDANCE

CAPP 40-160 GOES INTO EFFECT APRIL 4, 2021

The CAP Safety Program is excited to announce the rollout of a revised and renumbered Safety Officer Specialty Track Pamphlet, effective April 4, 2021, (CAPP 40-160). Any member starting work on or currently pursuing a Safety Officer rating on or after April 4, 2021, must meet the requirements of this new pamphlet.

What is changing?

CAPP 40-160 will replace CAPP 217.

- Aligns with current CAPR 160-1 and 160-2, as applicable.
- Eliminates the Mission Safety Officer (MSO) requirements for the Safety Officer ratings.
- Quizzes and end-of-course tests have been updated in AXIS to reflect the current regulations.
- The Master rating now requires **24 months** of service as a squadron safety officer or higher after having achieved the Senior level rating. This change better aligns with Education and Training advancement and with promotions.

I'm currently working on completing requirements for a rating. What do I need to do?

- Those who are currently pursuing a rating but will not be awarded that rating before April 4, 2021, will need to meet the requirements of CAPP 40-160. This may create some added work for some members.
- Work that's been completed that meets the requirements of the new pamphlet will be counted. Some members may need to re-take some quizzes and end-of course tests in AXIS.
- For those currently pursuing a Master rating, please note the new service requirement of 24 months.

Please contact us with any questions at safety@capnhq.gov.

The Safety Beacon is for informational purposes. Unit safety officers are encouraged to use the articles in the Beacon as topics for their monthly safety briefings and discussions. Members may also go to [eservices Learning Management System](#), click on “Go to AXIS,” take the quiz, and use the certificate of completion to request safety education credit.

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CAP SAFETY WEBSITE

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We welcome your feedback! Let us know what you think about the Safety Beacon: safety@capnhq.gov