



WINGMAN SAFETY FOR SENIOR MEMBERS

1st Lt Olivia Higgins, Safety Officer, MD-008

<p>I'M SAFE CHECKLIST</p> <p>Illness Medication Stress Alcohol Fatigue Eating/Environment/Emotion</p>	<p>Are YOU and your wingman 'SAFE'?</p>	
--	--	--

Frequently, Senior Members forget to take care of one another because we are those who are tasked with taking care of cadets. Our primary focus is cadet safety, leaving us to lose sight of the fact that we need to take care of ourselves and that we also need a wingman; someone to look out for us. At every event, even meetings, have a wingman. Establish self-checks, be honest with your wingman on how you are feeling. Details do not need to be divulged, just let someone know that you need help or are no longer up to the task at hand.

Doing a daily self-check prior to an event is paramount. Using the 'I'M SAFE' checklist isn't just for pilots, everyone needs to use it! Have you ever attended a SAREX and thought, "I'll be okay" or "something's not right, but I'll be on the ground, anyway"? Thoughts like those should be your first indication that you are not safe and may be putting the mission or others at risk. In Emergency Services training we are taught not to become the mission.

Let your wingman know that you did your daily I'M SAFE check, and if you are or are not safe!

- I – Illness** – colds, allergies, and other common illnesses can cause problems;
- M – Medication** – many prescription and over-the-counter medications can be dangerous;
- S – Stress** – Physiological (physical), environmental (surroundings), or psychological;
- A – Alcohol** – makes people dizzy and sleepy which decreases reaction time;
- F – Fatigue** – sleep deprivation over time can be dangerous;
- E – Emotion** – are you in an emotionally stable state of mind?

There's a level of pride and accomplishment associated with volunteering and being part of an event. We all have that feeling where we don't want to let the team down, and even though you volunteered for the event and were well-meaning, you may not be in the same place you were when you signed up. Let your other event staff know if your status has changed. Yes, there may be some disappointment involved, but be reminded that you cannot become the next mission. If you are not currently up to the task, you have a responsibility to yourself and your team to let your commandant know that you are no longer able to complete the task you have been assigned.

As Senior Members we need to lead by example and check in with your wingman. Let cadets see you asking other senior members if they're okay – Hydrating? Need anything? Doing okay? Doing well? Need help? Can I help you with that? What did you get for (breakfast, lunch, dinner – have they remembered to eat)?

There are so many ways to check in with others, let's get out there and take care of one another!

