

# SHIFT BRIEFING |

## OPERATING UNDER PRESSURE

- Pressure was identified as one of the “Dirty Dozen” – the twelve human behaviours that most often lead to accidents.
- While pressure is to be expected in the fast-paced aviation industry, it can directly contribute to safety incidents by interfering with our ability to complete tasks correctly.
- One of the most common sources of pressure is ourselves.

### **What to do if you're under pressure**

- Say something - it's important to express your concerns.
- You may need to be assertive - learn to speak up when safety is on the line
- Ask for help - extra hands can relieve some of the pressure to complete a task or meet a timeline
- Take a moment - pause to catch your breath and revisit your standard operating and safety procedures