This document may not be reproduced without the consent of the author. WRMC RISK MANAGEMENT LESSONS

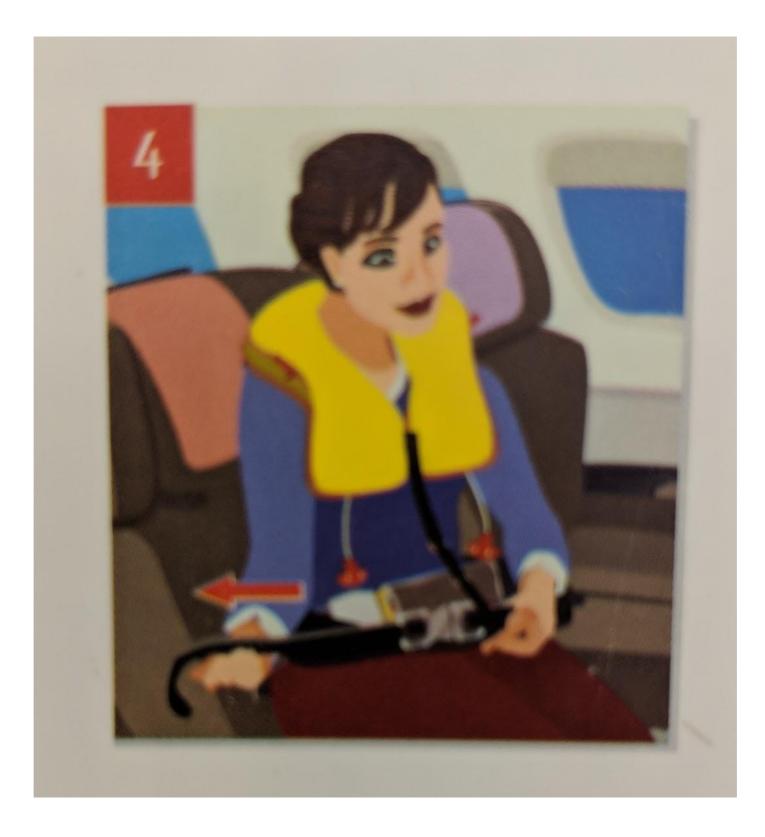
FROM AIRPLANE SAFETY CARDS

PREPARE FOR DEPARTURE

1. Read your safety card











Occasionally, you may choose to throw your hands into the air and wave them like you just don't care.



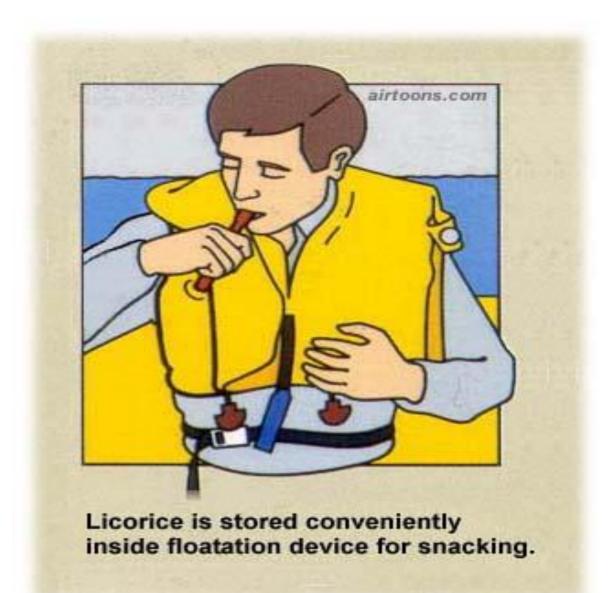
Passengers with 80's hair will be cast into the ocean immediately.





Faceless passengers will be bound to a cement block and expelled mid-flight.



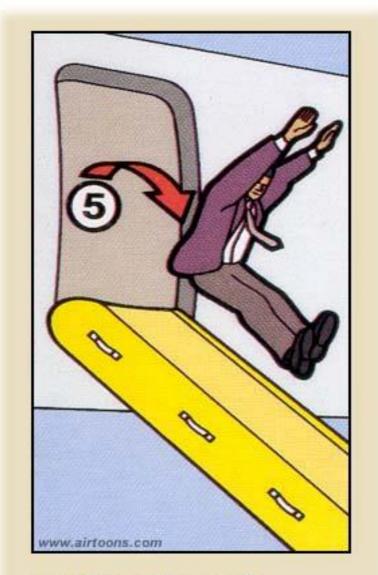




Do not allow the solar eclipse to distract you while treading water and eating doritos.



Maintain alertness with your Kung-Fu position while exiting the aircraft.



In the event of an aircraft evacuation, style points will be given according to style and artistic impression.





40% OF FATALITIES HAPPENED IN CRASHES THAT WERE SURVIVABLE

17%-70% OF PASSENGERS UNDERSTAND THE SAFETY INFORMATION

SOURCE: FLIGHT SAFETY FOUNDATION



"Condensing these years of knowledge ... poses obvious problems.

We must be selective. While there are many factors of outdoor living that are interesting & enjoyable to know,

time and space limit us to the teaching of those things which must be known."

SAFETY CARD = "MUST KNOWS"

WHAT'S YOUR SAFETY CARD?

@boggs_e



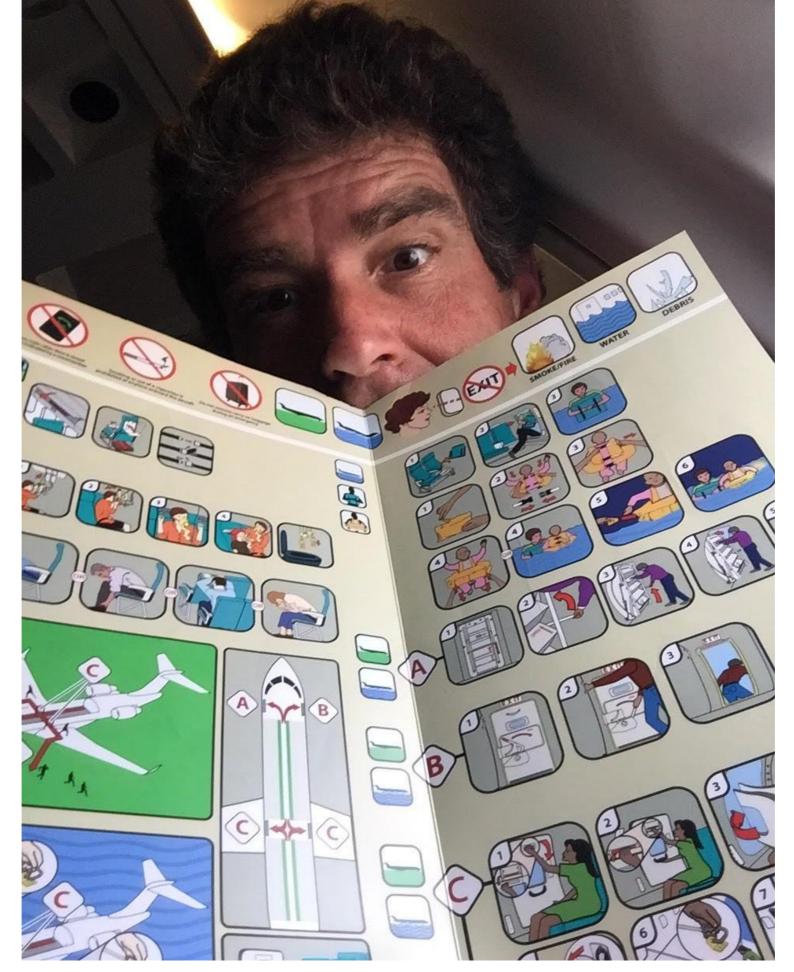
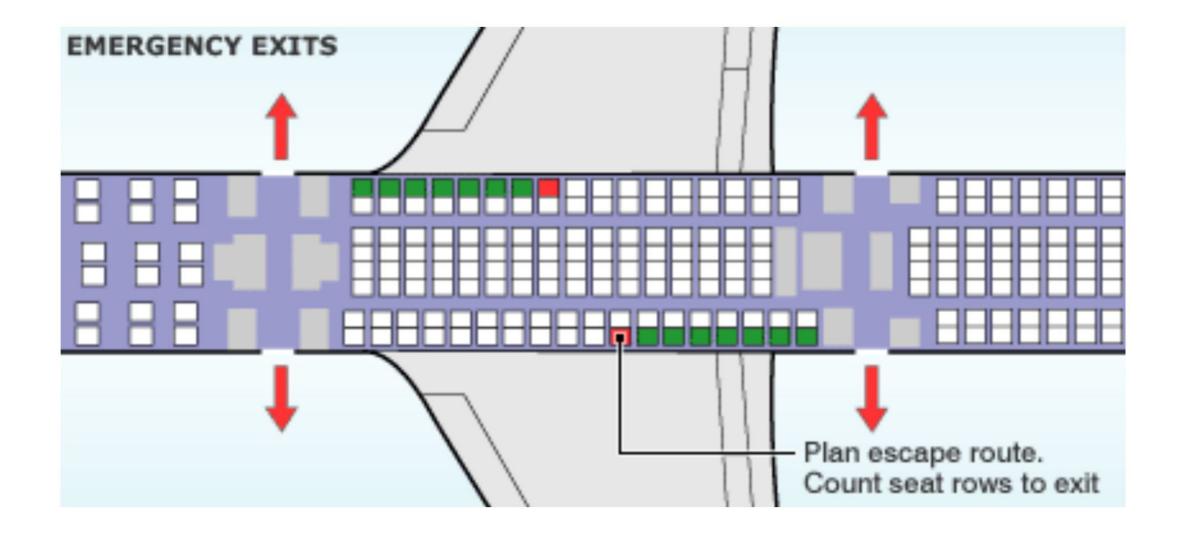


FIGURE IT OUT.

2. The closest exit may be behind you



LOOK BEHIND YOU

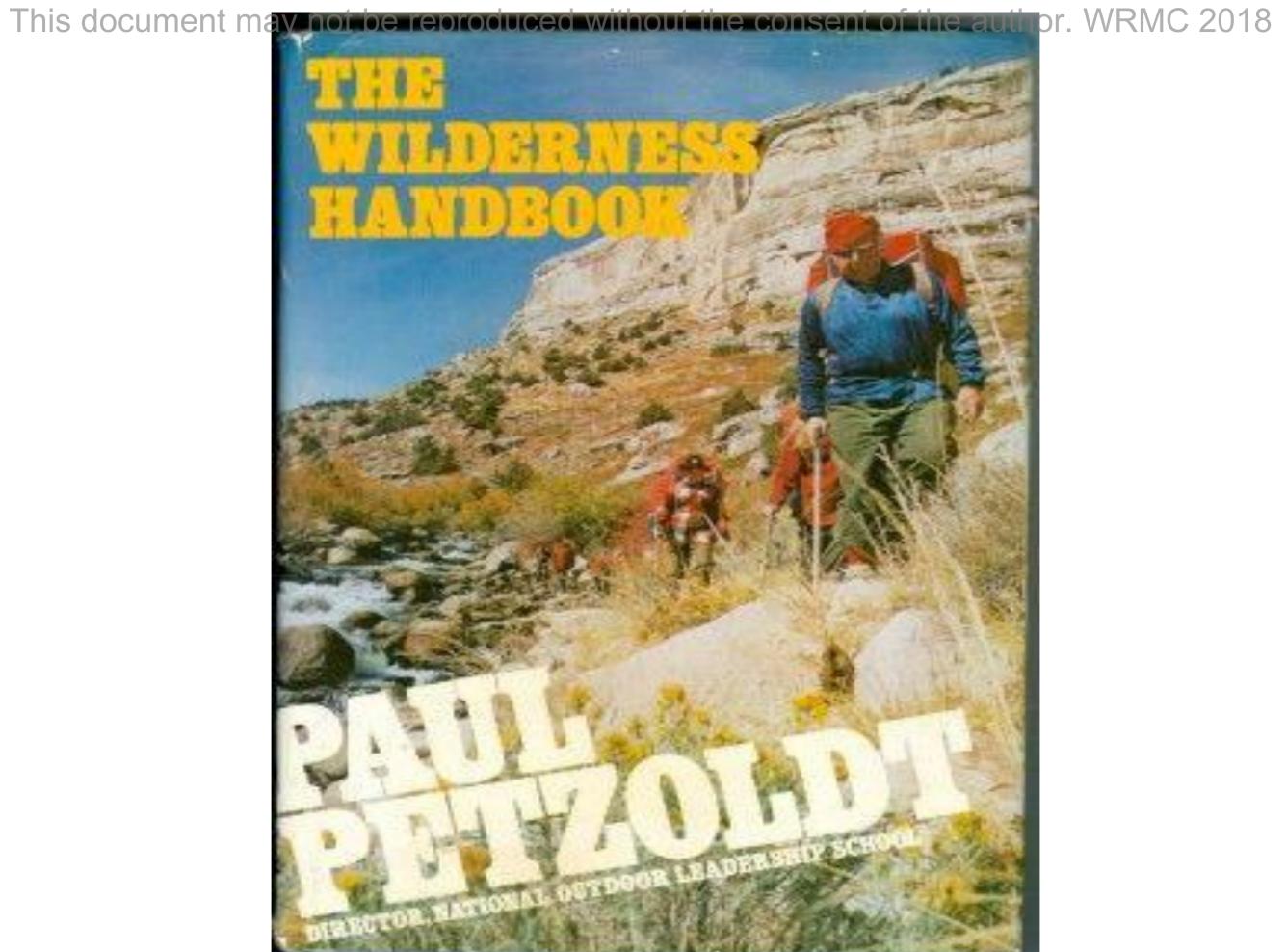
EXIT= IMPROVEMENT

BEHIND= IN THE PAST

HOW CAN THE PAST BE A SOURCE FOR LEARNING?

"IT'S EASIER TO LEARN SOMETHING NEW, WHEN WE ATTACH IT TO WHAT WE ALREADY KNOW"

Source: CARNEGIE MELON UNIVERSITY Psychonomic Bulletin Review



"You have to know where the people you're leading are coming from"

Paul Petzoldt The Wilderness Handbook

3. Leave your bags behind

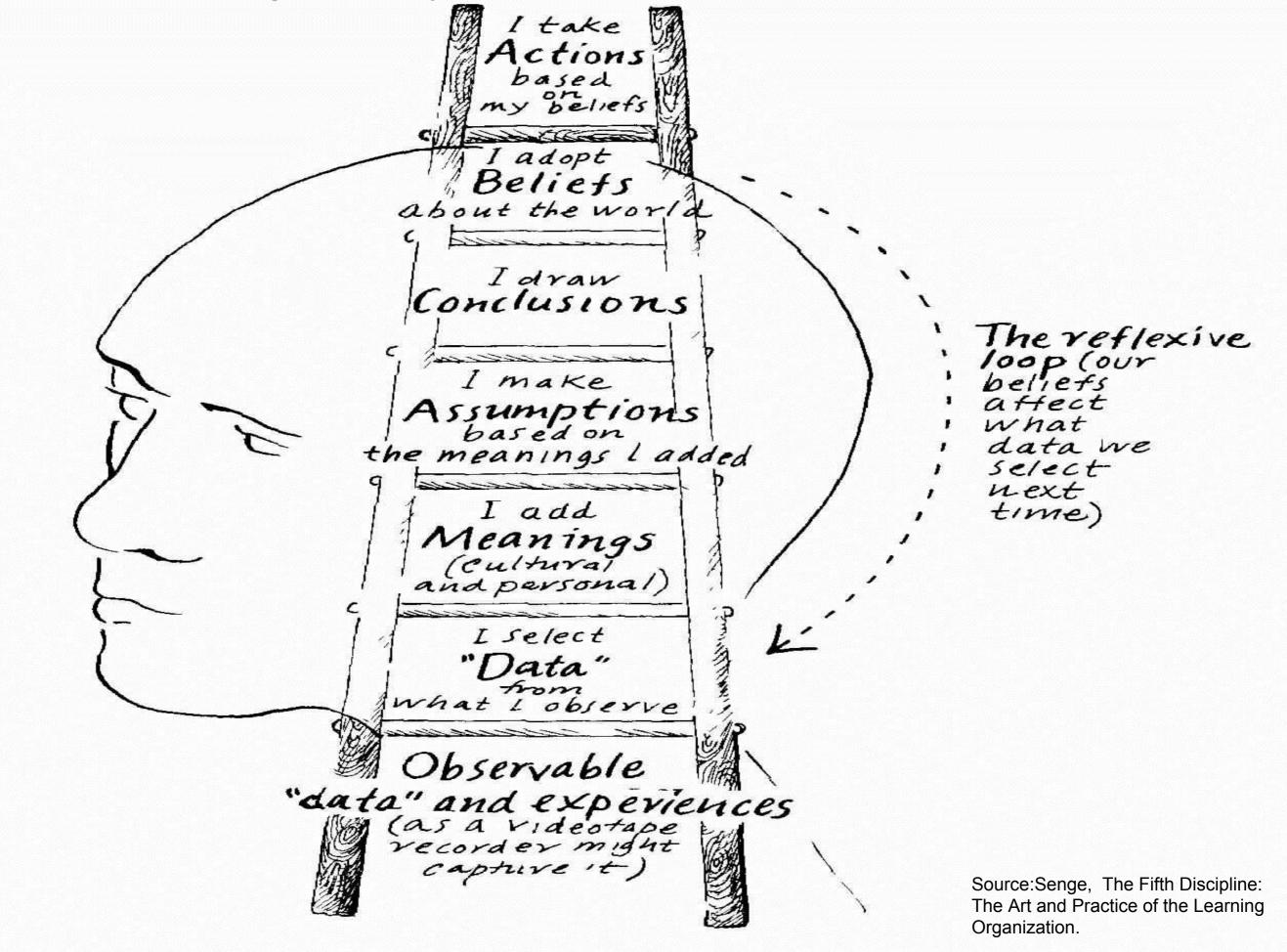
HOLDING ONTO BAGGAGE ENDANGERS OTHERS

BAGGAGE= ASSUMPTIONS

The two brain systems that control your attention:

System 1 (Automatic System)	System 2 (Reflective System)
Effortlessly, subconsciously, skilled, associative, fast	factors abstraction, Rule following, self aware, deductive, effortful
Rules of thumb, Framing biases	Weigh multiple options, choose rationally
Humans*	Econs*

Source: Daniel Kahneman Thinking Fast & Thinking Slow



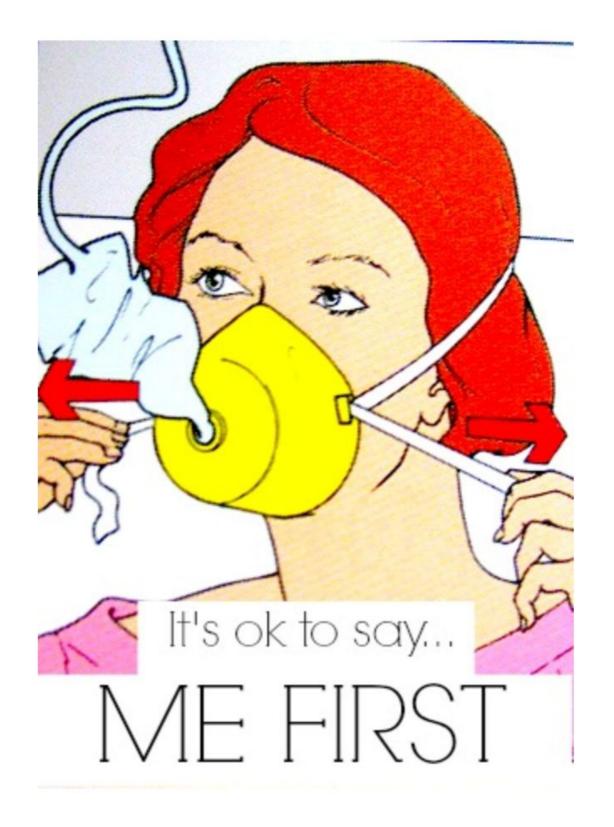
WHAT "BAGGAGE" IS HOLDING YOU BACK?

HOW ARE YOU CONDITIONING TO LEAVE YOUR BAGGAGE BEHIND?

LEARN TO LET GO

4. Oxygen masks...





OXYGEN MASK= SELF-CARE

LEADERS MUST CARE FOR THEMSELVES SO THAT THEY MAY HELP OTHERS

This document may not be reproduced without the consent of the author. WRMC 2018 SEVEN PILLARS OF SELF-CARE

Health literacy: It is crucial to know the options available to cater to every unique need, medical or otherwise

Self-aWareness: One must acknowledge their physical, emotional, social, spiritual, and professional needs

Physical activity: Boosts positive brain chemistry, improve overall physical and emotional health

Risk mitigation: Prevention is care in its own right.

Good hygiene: Regular maintenance can increase happiness and self-esteem and ground an individual in their body

Rational use of products and services: Understanding how ... products may affect ability and behavior.

Healthy eating: A deliberate and nutritious diet can truly make a difference when accessible

Source: International Self Care Foundation

"EATING GREENS ON SUMMER OUTINGS PREVENTS IRRITABILITY TRIGGERED BY LACK OF VITAMIN C"

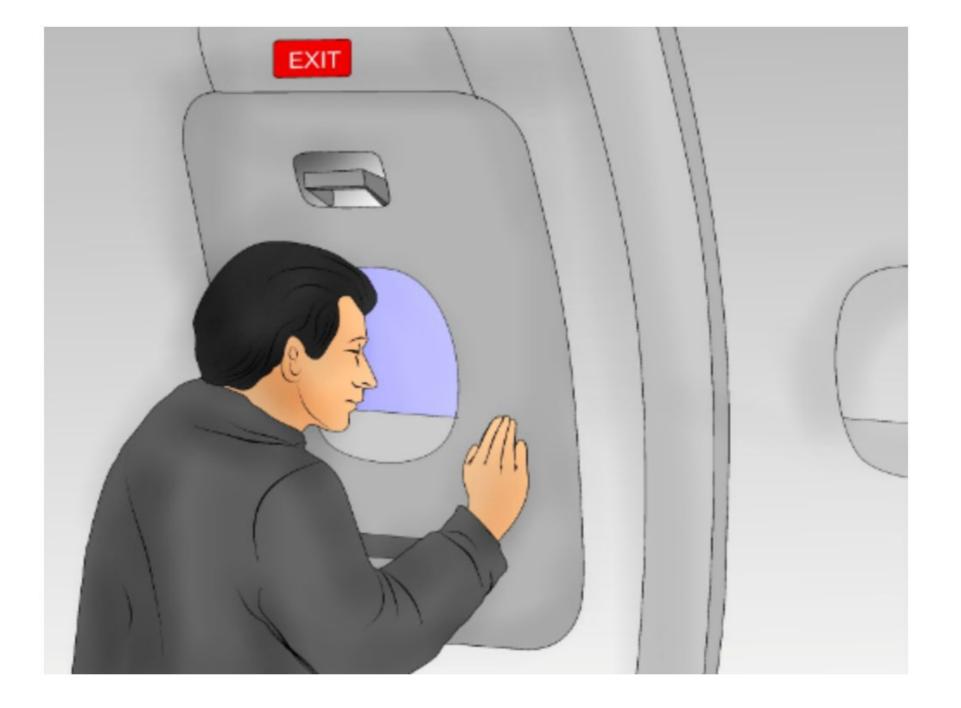
Paul Petzoldt The Wilderness Handbook

ARE YOU TEACHING SELF-CARE AS RISK MANAGEMENT?

This document

be reproduced without the consent of the author. WRMC 2018

5. Lookout the window!





"There are no set rules to follow when an accident happens."

Paul Petzoldt The Wilderness Handbook

"Judgment is being able to change plans when conditions suggest that necessity."

Paul Petzoldt The Wilderness Handbook

WINDOW=JUDGMENT

"A talent for judgment can be taught."

Paul Petzoldt The Wilderness Handbook

SIMPLE UNEXPECTED CREDIBLE CONCRETE EMOTIONAL STORY



SOURCE: MADE TO STICK, THE SCIENCE OF SUCCESSFUL LEARNING

PERFORMANCE GOALS < LEARNING GOALS

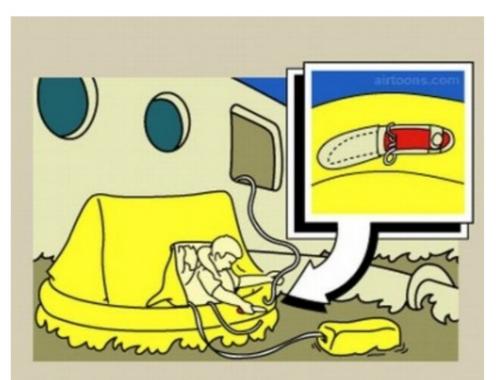
This document may not be reproduced without the consent of the author. WRMC 2018 HOW ARE YOU TEACHING JUDGMENT?

IS IT STICKING?

ARE YOU USING LEARNING GOALS?

6. Window exit escape strap dtachment and taft deployment

YOU MUST STRAP THE RAFT LEASH ONTO THE PLANE



Use the spaghetti knife wisely.

IDENTIFY IMPORTANT DETAILS

LEARN TO FOCUS

"It's not the chatter of people around us that is the most powerful distractor, but rather the chatter of our own minds."

Source: Daniel Goleman FOCUS

"Focused attention is very much like a muscle, one that needs to be strengthened through exercise."

Source: Daniel Goleman FOCUS

MUSCLES NEED REST DAYS

"The key is an immersive experience, one where attention can be total but largely passive."

Source: Daniel Goleman FOCUS

HOW ARE YOU RESTING YOUR BRAIN SO YOU CAN FOCUS?

ENERGENCY EXIT

S RECAP

liebt

Alfordable (



HUSET.

Tiale

aunt

of all Act Arann destinations ne at Act Arann.com

1. READ YOUR SAFETY CARD

2. THE CLOSEST EXIT MAY BE BEHIND YOU

3. LEAVE YOUR BAGS BEHIND

4. OXYGEN MASKS...

5. LOOK OUT THE WINDOW

6. WINDOW EXIT ESCAPE STRAP ATTACHMENT AND RAFT DEPLOYMENT

1. FIND YOUR "MUST KNOWS"

2. ACCESS THE PAST

3. CHECK YOUR ASSUMPTIONS

4. PRACTICE SELF CARE

5. DEVELOP JUDGEMENT

6. TRAIN TO FOCUS

RISK MANAGEMENT LESSON ARE EVERYWHERE

TELL ME WHERE YOU FIND THEM

@boggs_e

000