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.
A great deal of change, pens, and pencils can be found under the seats of this aircraft.
Faceless passengers will be bound to a cement block and expelled mid-flight.
If you have set yourself on fire, do not run.
Licorice is stored conveniently inside floatation device for snacking.
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.
Never, under any circumstances, steal the purple magician’s briefcase of tricks.
**Take-off, Landing & During Movement**

- Fasten seat belts
- Stay seated

**Land & Water Evacuation Exits**

- Assess outside conditions
- Do not open if opening exit increases the hazard to passengers

**Evacuation**

- Oxygen supply

**Bracing Positions**

- Fold arms
- Cross legs

**Slide Evacuation**

- Slide down the slide
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.”

Paul Petzoldt The Wilderness Handbook
SAFETY CARD = “MUST KNOWS”
WHAT’S YOUR SAFETY CARD?

@boggs_e
FIGURE IT OUT.
2. The closest exit may be behind you.
EMERGENCY EXITS

Plan escape route.
Count seat rows to exit
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”
“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:

<table>
<thead>
<tr>
<th><strong>System 1 (Automatic System)</strong></th>
<th><strong>System 2 (Reflective System)</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Effortlessly, subconsciously, skilled, associative, fast</td>
<td>factors abstraction, Rule following, self aware, deductive, effortful</td>
</tr>
<tr>
<td>Rules of thumb, Framing biases</td>
<td>Weigh multiple options, choose rationally</td>
</tr>
<tr>
<td>Humans*</td>
<td>Econ*</td>
</tr>
</tbody>
</table>

Source: Daniel Kahneman *Thinking Fast & Thinking Slow*
I take Actions based on my beliefs
I adopt Beliefs about the world
I draw Conclusions
I make Assumptions based on the meanings I added
I add Meanings (cultural and personal)
I select "Data" from what I observe

The reflexive loop (our beliefs affect what data we select next time)

Observable "data" and experiences (as a video tape recorder might capture it)

WHAT “BAGGAGE” IS HOLDING YOU BACK?
HOW ARE YOU CONDITIONING TO LEAVE YOUR BAGGAGE BEHIND?
LEARN TO LET GO
4. Oxygen masks...
It's ok to say...
ME FIRST
OXYGEN MASK = SELF-CARE
LEADERS MUST CARE FOR THEMSELVES SO THAT THEY MAY HELP OTHERS
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”
ARE YOU TEACHING SELF-CARE AS RISK MANAGEMENT?
5. Look out the window!
EXIT OPERATION:
ASSESS OUTSIDE CONDITIONS. IF OPENING EXIT INCREASES THE HAZARD TO PASSENGERS, DO NOT OPEN.
“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
“A talent for judgment can be taught.”

Paul Petzoldt The Wilderness Handbook
S.U.C.C.E.S.S
SIMPLE
UNEXPECTED
CREDIBLE
CONCRETE
EMOTIONAL
STORY

"STICKY"

SOURCE: MADE TO STICK, THE SCIENCE OF SUCCESSFUL LEARNING
PERFORMANCE GOALS < LEARNING GOALS
HOW ARE YOU TEACHING JUDGMENT?

IS IT STICKING?

ARE YOU USING LEARNING GOALS?
6. Window exit escape strap attachment and raft 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
“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?
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