Educational Issues
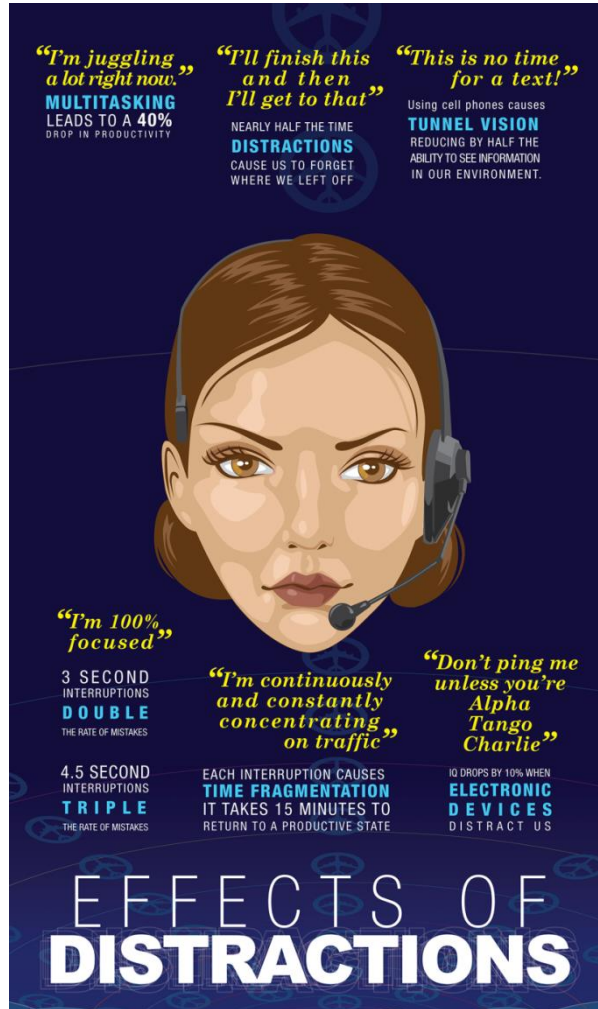
on Distraction

HKATCA

Distraction

- Definition
  - "a thing that takes your attention away from what you are doing or thinking about"; or "a thing that prevents someone from giving full attention to something else"; or "a thing that prevents someone from concentrating on something else"
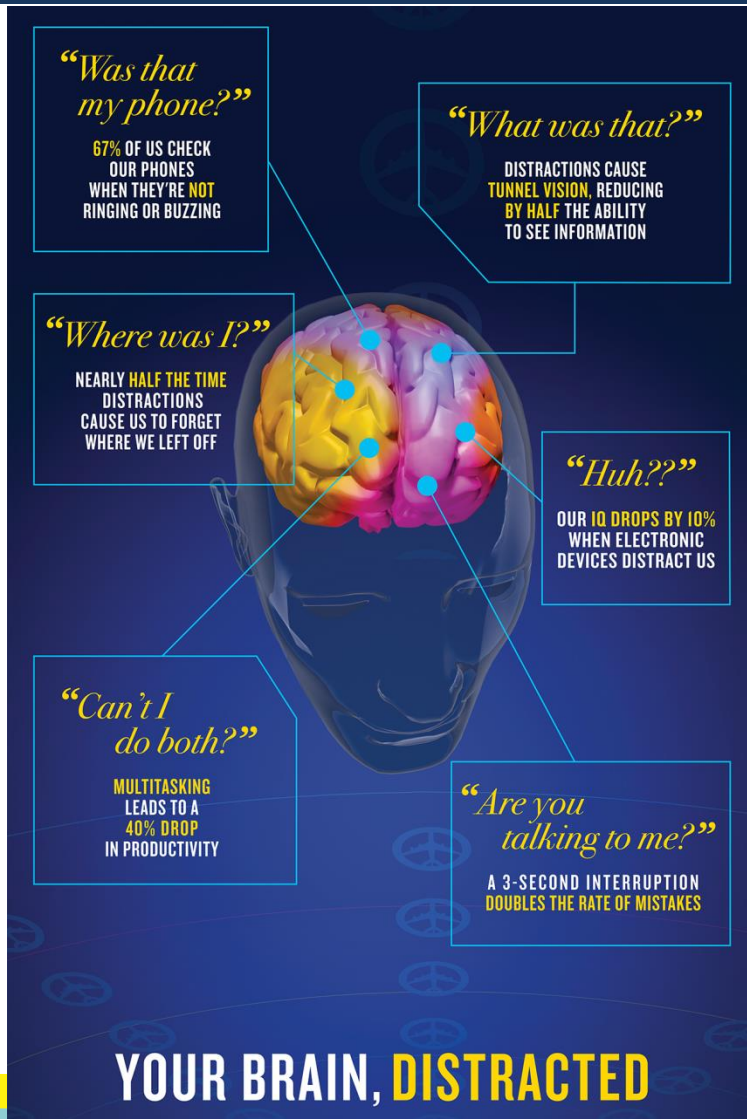
- A human factor

Distraction at Workplace

- Distraction is a Hazard which may lead to:
  - Error
  - Omission
  - Performance
- Affects
  - Cognitive abilities
  - Situation Awareness
  - Increased pressure

Types of Distraction

- Exist anywhere, anytime
  - Self-induced
  - Third party
  - From operating environment
  - From equipment (hardware or software)
- Example
  - Radio communication problem
  - Weather
  - Workload (both high or low)
  - People related distraction
  - Personal Electronic Devices
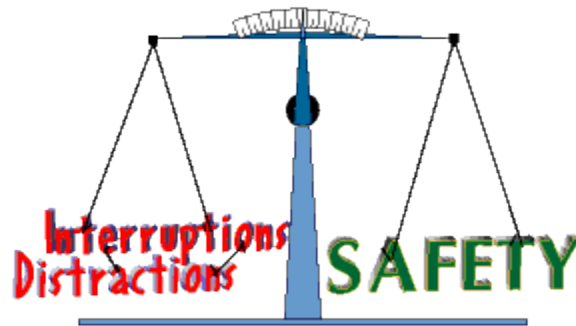
Distraction Free workplace
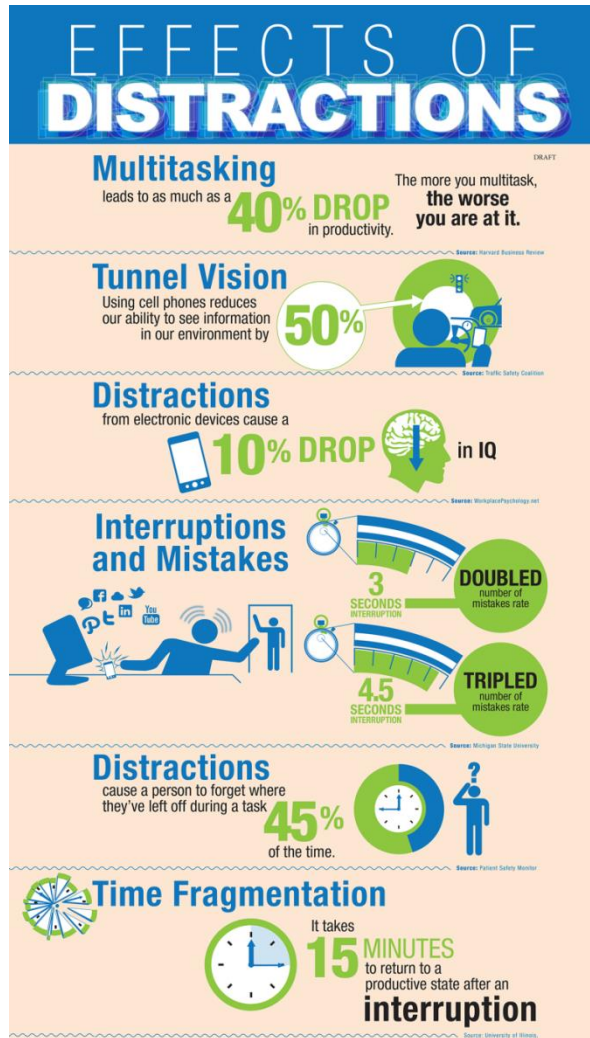
- Preventing measures from Supervisor

- Collaborative and Cooperative measures from staff
  - Bottom-up approach
  - Peer education
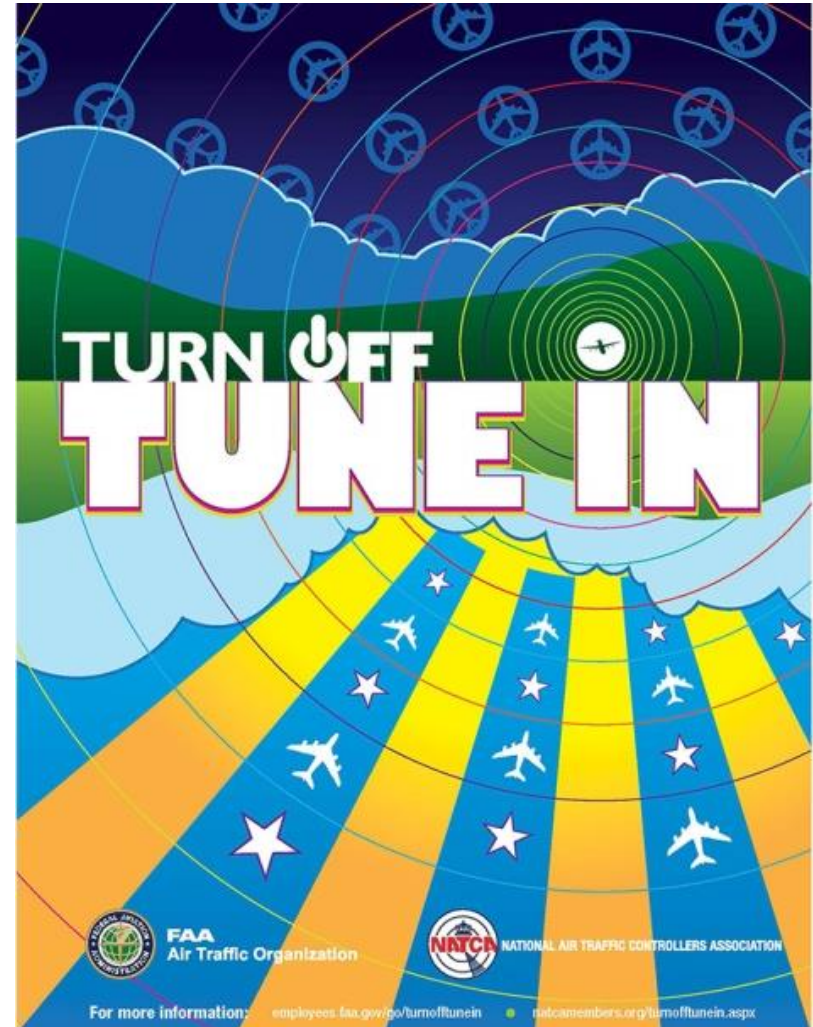
Distraction Recovery

- Identify Distractions

- Identify primary task

- Locate point of interruption

- Plan actions to return to primary task

- Carry out and prioritized the actions

- Review and verify

ATCO and Distractions

- Professional ATCO
  - Self-discipline
  - Code of conduct
  - Emotional Stability
- Professionalism can reduce distraction
  - Development
  - Promulgation
  - Recognition

Software and Distraction

- Distraction reduction via software engineering
  - Airspace design
  - ATS routes
  - Procedures
  - HMI
- Human factors vs software development

Environment and Distraction

- Ergonomics to reduce distraction
  - Equipment locations / positioning
  - Ambient temperature / light
  - Seating arrangement

Culture and Awareness

- Promote culture to recognize and prevent distraction

- Improve awareness to distraction and their effects
  - Turn Off Tune In campaign
  - Training to identify and resist distractions
  - Incorporate "distraction" in TEM