

# Error Management Systems Australia

***Red Flag***®

An Error & Risk Management System

## Diary

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***Red Flag*** is a competency-based personal safety system. Critical skills are identified. When these skills are in a fit state, your error potential is low. The Diary contains detailed instructions on how to diagnose and exercise ***Red Flag*** skills. It also provides opportunities for you to record the activities through which you maintain strong fitness in these skills.

## Preface

Welcome to an error prevention system known as **Red Flag**®. This Preface to your Diary supplements the website, and is repetitive in some areas.

### Individual

The **Red Flag** system operates at the *individual* level – that is, you engage in it for your own reasons. It's all up to you – and you should be able to benefit from successful engagement.

### Training

**Red Flag** has several components, but mostly it's about training. The first stage in any training exercise is to identify the skills that you want to work on. In this case, they comprise that set of human attributes that produce the tendency to be error-prone. The specific skills involved in managing human fallibility are described in [Situation Awareness](#).

### Motivation

Engagement in **Red Flag** will also render you more stress-resilient – and thus better able to cope with the downside of error. You should be able to convert commitment to the System to personal benefit, either in terms of professional advantage and/or advancement. It'll also deliver physical and cognitive health benefits.

### Key Competency

The key factor in low error potential is the *ability to make decisions while under stress*. High stress makes decision difficult. Everyone will experience “cognitive freeze” at gross anxiety levels. (How can you tell the extent to which you are stress resilient? Test. **Red Flag** offers opportunities for you to regularly visit your threshold of coping.)

### Self-Assessment

If you are a normal, healthy, adult, you already possess the critical skills. But, as with all human competencies, they'll get stronger if they are exercised. Targeted training will develop higher fitness states in **Red Flag** competencies, provided it is sufficient and continuous.

### Diary Record

That is the reason for the Diary. It offers you the opportunity to record your **Red Flag** activities. It is in your interests to maintain that record – and essential if you want to present evidence that you have indeed worked on attaining and maintaining skill fitness.

### Levels

The full **Red Flag** System training program is available at no cost. If, however, you wish to secure formal accreditation for your **Red Flag** fitness, you will need to buy the **Professional** Program. See: [Subscribe](#). Its additional elements include:

- **Fit to Fly**. A Self-Assessment manual and an introduction to “Cognitive Fitness”.
- **The Checklist**. As error kicks in at the point of decision, the Checklist is a formal Risk Management decision aid. Printed on plastic for durability, it is carried in the pocket and used for critical decisions.

- **The Test.** Continuous appraisal of your Cognitive Fitness is essential to any claim that your error potential is low.

## Rationale

To let you assess what is in store before choosing to begin the course, the Website defines those skills that – when in a fit state – characterise the low error potential state.

- The first stage in identification of this skill set comes from observation of the best Air Force fighter pilots – the Top Gun types. You only succeed in this trade if you learn very quickly how to rapidly analyse situations and make sound decisions despite intense stress. (It's a stress-inducing activity even when the bad guys aren't shooting at you.)
- More complete understanding of the critical competencies comes from an unexpected source – reviewing the characteristics of stroke victims who have lost the ability to make decisions. (Frontal Lobe damage does it.) Inability to exercise choice represents the other end of the error potential spectrum from the Top Gun fighter pilots.

## Accreditation

A central theme in the System is that significant personal advantage will accrue if you can present formal evidence that you are **not** amongst those people who are **more error prone than normal**. The Diary supplies that evidence. Clearly, your credibility is highest when you have subscribed to the Professional System, and when your Diary is supervised by a Red Flag Team Supervisor.

## Self-Administered Training

Self-managed completion of the training is appropriate. Risk of error originates in decision. Decisions are taken within your brain. Though you may have good support, in the end it's personal. You're on your own at that instant. The attributes that you will need to call on are innate. It's all up to you. So is **Red Flag** training. As with any training, regular fitness tests are a good idea.

## Train In Own Time

Equally appropriate is that you complete all training in your own time. Low Error Potential is amongst those desirable attributes you daily bring to work, such as not being drug or alcohol affected and not being fatigued. It's part of your claim to be a superior contributor.

## Annual program

**Red Flag Professional** membership is valid for one year. Your status is kept current in future years by resubscribing on the anniversary of your first joining. A new Checklist is issued each year.

## Exercise Warning

**Warning:** *If you undertake **Red Flag** training you will find that physical exercise is recommended. (There's a lot more to it than that.) Before changing your training patterns, you should follow the usual practice of getting a professional check up first.*

## Getting Started

### What Are You Going To Do?

As noted in many other places, it's about exercise. Cognitive Exercise (CE) is the main target. If you are "cognitively fit", you are better able to manage critical decisions and less likely to make mistakes (whether in a critical situation or not).

Exercise options are outlined in: [Exercises](#) (To be inserted with 30 Jan update.)

### Fit to Fly

Primarily a self-assessment manual, *Fit to Fly* contains suggestions for Cognitive Exercising. Reviews of the book have been favourable. You can read a couple in the [User Guide](#).

### Physical Exercise (PE)

As you can read in other places on the website, PE also delivers Cognitive Fitness. In addition, you can practise [Red Flag routines](#) while exercising.

### Diaries

You are going to need two Diaries, one in which you plan your activities and the other in which you record accomplishments. The Diaries should remain at the front of your Folder.

### Planning Diary

Divide your day up and assign rough times to exercise targets. Although Red Flag offers professional benefits, the proper thing to do is to complete your exercising in your own time.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
08-00 - PE (Golf, 4 hrs)	CE - 30		PE - 1.00	CE - 30	PE - 1.00	
		PE - 1.25	CE - 30		CE - 30	Free day
	PE - 1.00	CE - 30		PE - 1.00		

### Activity Diary

See next page. You will note that only one page is presented, rather than a year's worth of Diary pages. The main reason is that engaging in exercise programs often involves initial hesitation and occasional lapses. Motivation is important to exercise continuity, and while a record reinforces commitment, blank pages can be de-motivating. Accordingly, you should print a page at a time, and only keep the ones you want to keep.

### Website

In addition, you should explore the website and print any materials you feel will be useful references, and insert them in your Folder.

