

Pause • Assess • Decide • Reset



PAUSE

Take a moment to slow down.

- ✓ Breathe
- ✓ Slow the moment
- ✓ Create thinking space



5P QUICK-SCAN

Ask these questions:



PLAN: Is the plan still valid?



PLANE: Is the aircraft performing normally?



PILOT: How am I feeling?



PASSENGERS: Any pressures or distractions?



PROGRAMMING: Am I ahead of the automation?



STARTLE CHECK A.S.A.R.

If surprised, remember:

- ✓ **Acknowledge:** "This is unexpected."
- ✓ **Stabilise:** Attitude, Aispeed, Path
- ✓ **Assess:** What's really happening?
- ✓ **Respond:** Take safe action



DECIDE & ACT

- ✓ Detect the problem
- ✓ Estimate the risk
- ✓ Choose a safe option
- ✓ Do and Evaluate



RESET THE FLIGHT

- ✓ Manage workload