



**Bakersfield Composite Squadron #121**



**60-Second Safety Advisor #19**

### **Situational Awareness**

Are you typically well aware of your surroundings and your situation, or do you think that you are often in the "mental autopilot" mode? Whether we are driving a car, piloting a plane, taking a walk, riding a bike, or doing any other activity, we should always be consciously aware of our situation and our surroundings. Things like stress, fatigue, illness, medications, alcohol and emotions tend to lessen our situational awareness and put us at risk of having accidents. Another factor that can compromise our situational awareness is complacency due to familiarity with a particular task or routine. While we often are required to perform various activities while affected by some of the various states-of-mind listed above as well as others, the best precaution to take is to objectively assess your state-of-mind and make the necessary adjustments in your behavior (drive slower, check your mirrors more often, think ahead, etc.), you will need to make a conscious decision and effort to raise your level of "situational awareness".

