

No. DOI 10-01 Subject: CHR So why is the r

November 23, 2009



## Subject: CHRISTMAS IS COMING !

So why is the month of December so "accident prone"?

As mentioned earlier, December is a month with relatively little flight activity. It's a month of "use or lose" annual leave for Federal employees and winter weather usually means fewer days available for flying. Because of the low flight hours generated in December (remember mishap rates are defined as the number of mishaps per 100,000 flight hours), one mishap will cause the mishap rate to skyrocket.

On a personal note, the holidays bring added stress to our already stressful lives. The additional financial, social, and personal stresses can often affect our health. During the winter months, millions of Americans suffer from Seasonal Affective Disorder (SAD). For those folks in Alaska, it is estimated that Seasonal Affective Disorder (including subsyndromal SAD, a milder form of SAD) affects almost 25% of the population. Christmas should be a time for peace and joy, family and friends; not a time for added stress.

**Recommendation:** Aviation Program Managers and Aviation Safety Managers should brief this Safety Alert to all aircrew and aviation users. For everyone in aviation, <u>be on guard</u>, <u>be vigilant</u>, and <u>don't overlook</u> attention to detail in your mission planning and execution. And most importantly, watch out for each other.

