

**7 DEAD IN 7 MINUTES**

**“But, it can’t happen  
to me.”**



# **TAKE-AWAY**

**MINDFULNESS IS A  
“PRACTICAL” TOOL  
IN FOREST  
FIREFIGHTING**

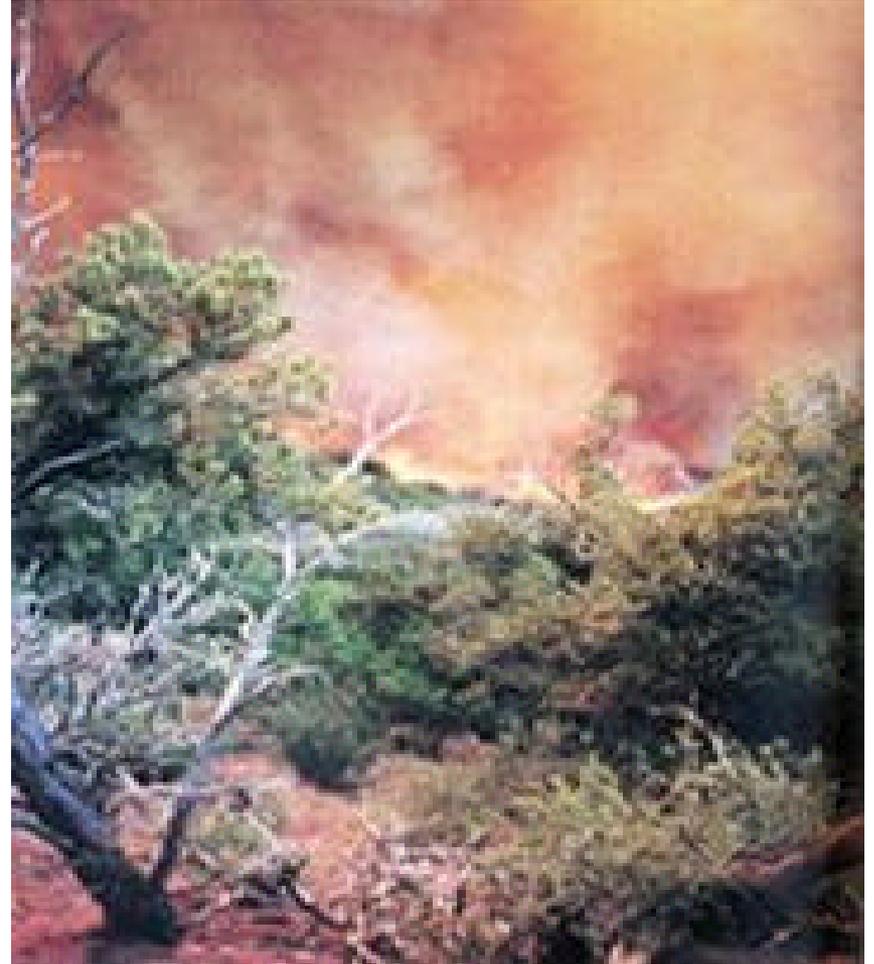
# OBJECTIVES

❖ **Mindfulness**

❖ **Up's and down's**

❖ **Practical Tips**

# South Canyon Fatality Area, August 1994





NESDIS/NOAA-15 WYBR DEPT RGR-CIDM/12/11 0511200 0120 UTC

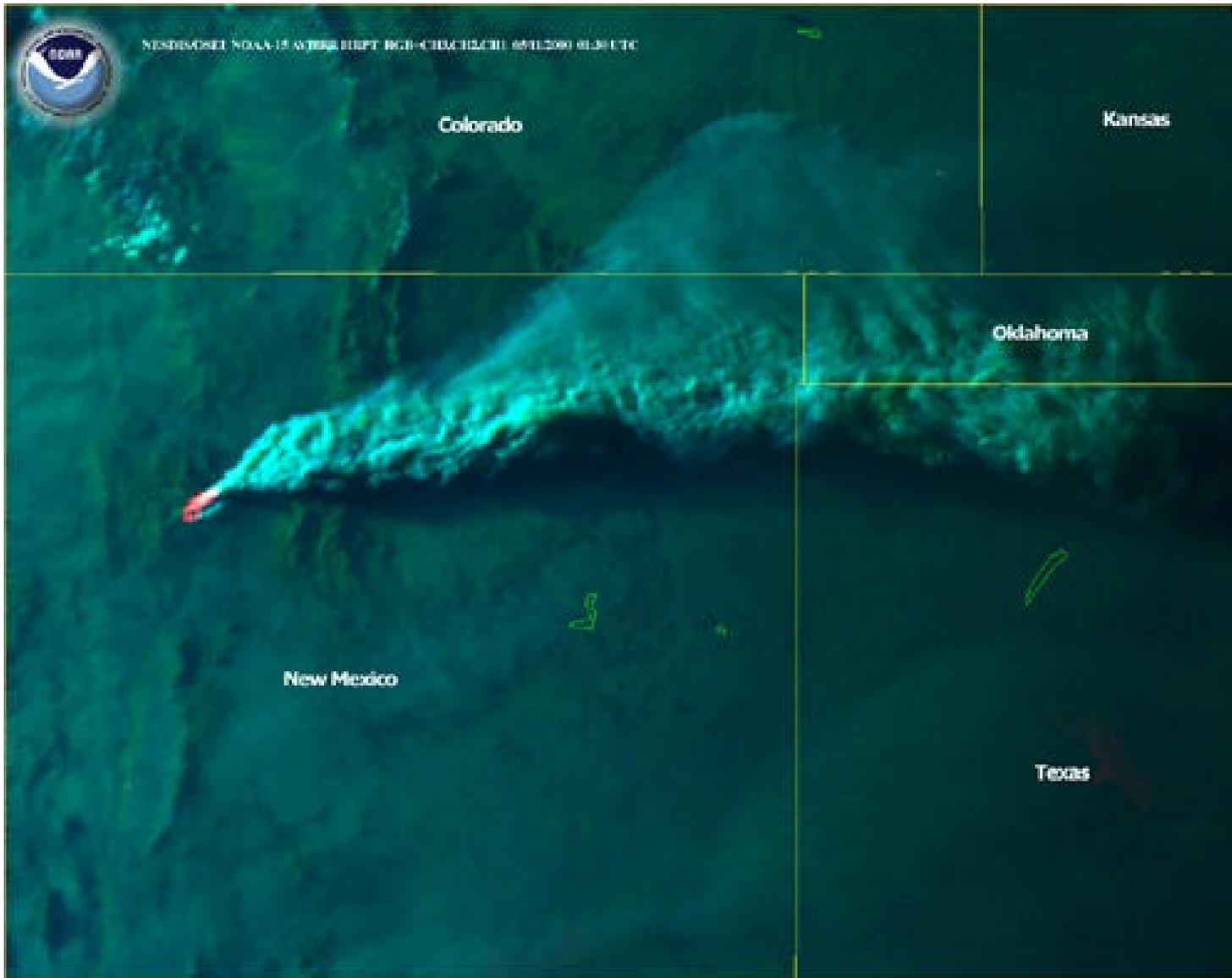
Colorado

Kansas

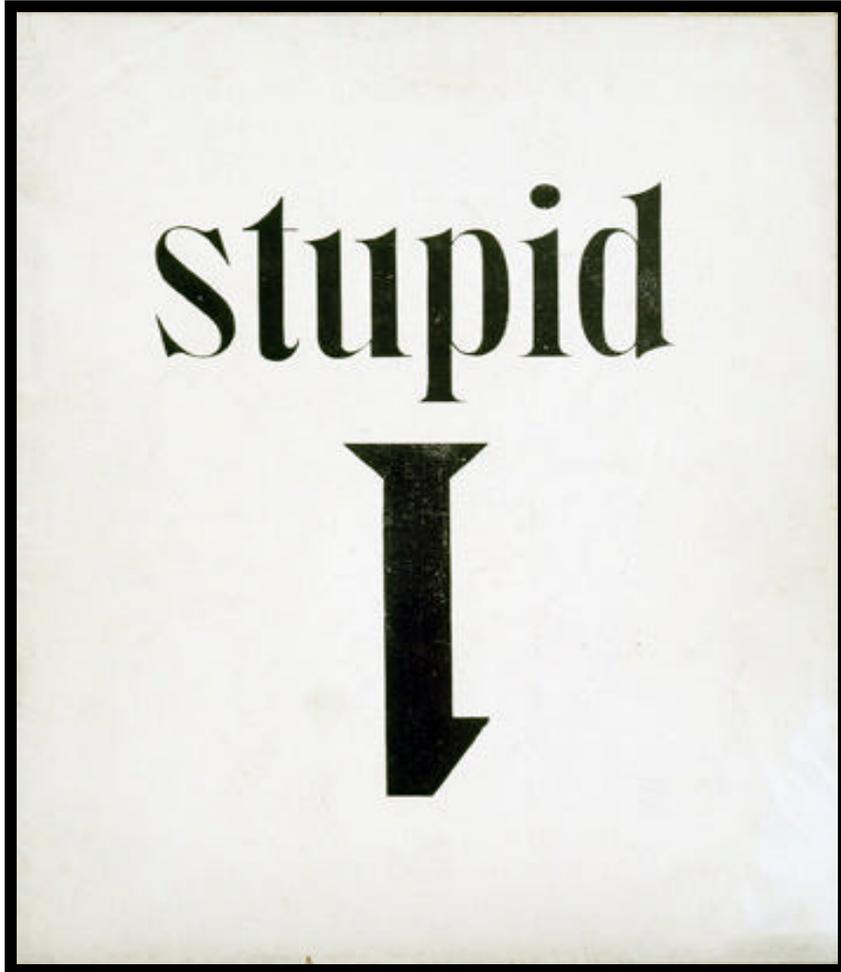
Oklahoma

New Mexico

Texas



# Shame & Stupidity



# WEICK & SUTCLIFFE



# Disconfirm Expectations

**If we just follow our  
procedures, checklists,  
plans, events will unfold as  
we think they should.**

**“H2 would not be a great risk...light fuels  
& rocky areas in Cache Bar...”**



# 1. Preoccupation with failure

**“Any lapse is seen as symptom that something could be wrong with the larger system.”**

**Weick/Sutcliffe**

## **2. Reluctance to Simplify**

**Relentless attack on simplification.**

### **3. Sensitivity to Operations**

**Seeing what is  
actually going  
on: the “Big  
Picture”**

## **4. Deference to Expertise**

**Decision making  
migrates.**

# 5. Resilience

- **Bounce back**
- **Errors don't disable**
  - **Improvise**

# **UP'S & DOWN'S TEACHING HRO**

# A STYLE OF THINKING

**“MINDFULNESS”**

# IT'S NOT EASY

- **“Negative thinking is unquestionably painful. It involves finding and exposing your inadequacies, which can be overwhelming. And not every problem discovered can be solved. You live in a state of perpetual dissatisfaction.”**

- **Atul Gwande**

# LOOK & FEEL LIKE?



# HRO ADULTS



# SAND TABLE EXERCISES & STAFF RIDES



# “Crap Detectors”



# **SUMMARY**

**1-POINT INCREASE IN  
MINDFULNESS = 30%  
DECREASE IN  
MEDICATION ERRORS**

