

Reality Based Training



“The Evolution of Cabin Crew Training”

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graph LR; A((Reality Based Training)) --- B[Utilizes Tools]; A --- C[Techniques]; A --- D[Methodologies]; A --- E[Immersive];
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Reality Based Training

Utilizes Tools

Techniques

Methodologies

Immersive

How Stress Impacts Human Function



- Loss of motor skills 115-160bpm
- Blood flow is redirected away from extremities to major organs
- Fine motor skills are diminished

How Stress Impacts Human Function



- Tunnel vision
- Auditory occlusion
- Impaired or loss of your cognitive processing
- Voice
- Time and space distortion

Preparing for the Impact of Stress



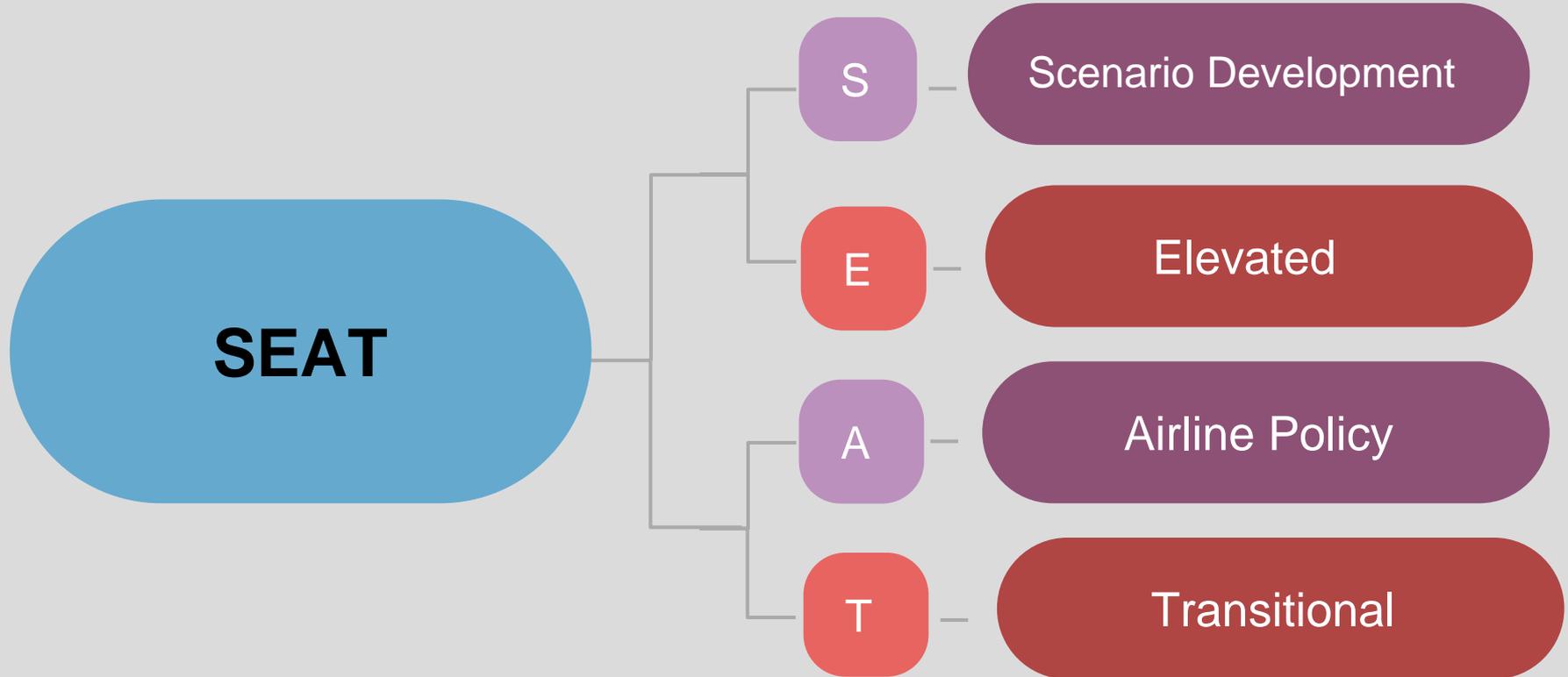
- Accept the fact that it will impact you
- Implement stress inoculation into functional skills training

The Benefit of Stress Inoculation

Helps cabin crew stay functional during a volatile incident by maintaining critical thinking.

Practical Skills Exercise

Reality Based Training



IRCC Principle

I

Identify

R

Respond

C

Control

C

Care

De-escalation
Strategies

Cabin Crew
Threat Response



Instructor Professional
Development

Customized E-
learning

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