

# *Keeping Your Head in the Game*

Locomotive Engineer Student Class

Keolis Commuter Services

# Intentional Focus At Work





# Situational Awareness

*Situational Awareness* combines

Awareness + Cognition + Future

# How To Follow Through With Your Intentions?

- I ought to get my annual physical.
- I think I should get my teeth cleaned.
- I ought to slow down when I drive.
- I need more exercise.
- I should cut back on XYZ (drinking, fats, etc.).
- I should not text or read email in my personal and/or company vehicles.

What does Henry David Thoreau say...?

I am in the woods and I am thinking of matters that are not of the woods.....I suspect myself!



# Distraction is Your Enemy

60,000 automatic thoughts a day!

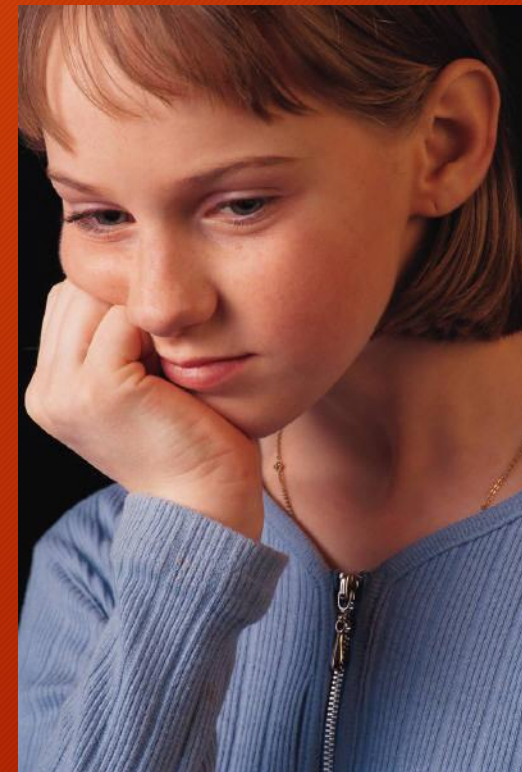


# Barefoot in the the Park

# Science of Behavior Change

## Emotion vs. Logic

- During stressful times we heighten internal focus and decrease external focus.
- What is happening around us becomes “blocked out” by the logical brain and emotion takes over.

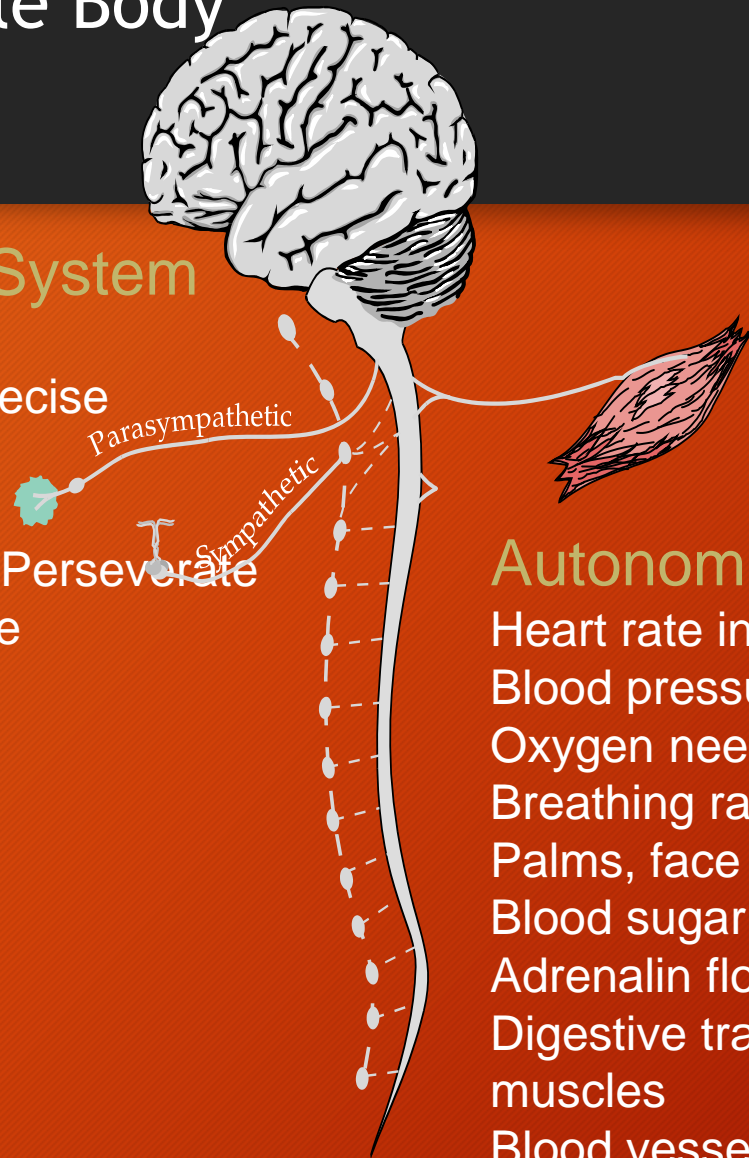




# How Fear Affects the Whole Body

## Central Nervous System

Perception - Narrowed  
Memory - Coarse, Imprecise  
Learning - Blocked  
Conditioning - Defense  
Tendency - Regress or Perseverate  
Expectancies - Negative  
Tone - Flee or Destroy



## Somatic Motor System

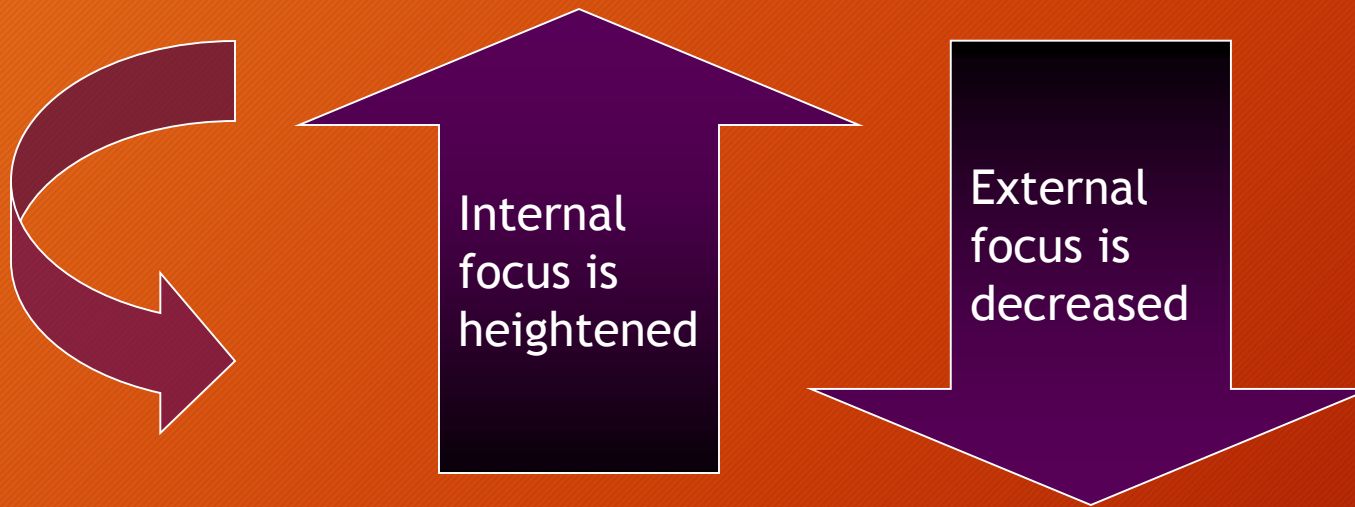
Tension  
Ready for Action  
Jaws Clench  
Body Braces for Action

## Autonomic Nervous System

Heart rate increases  
Blood pressure increases  
Oxygen need increases  
Breathing rate increases  
Palms, face sweat  
Blood sugar increases  
Adrenalin flows  
Digestive tract shuts down blood to muscles  
Blood vessels constrict in hands, face

# Stress Management

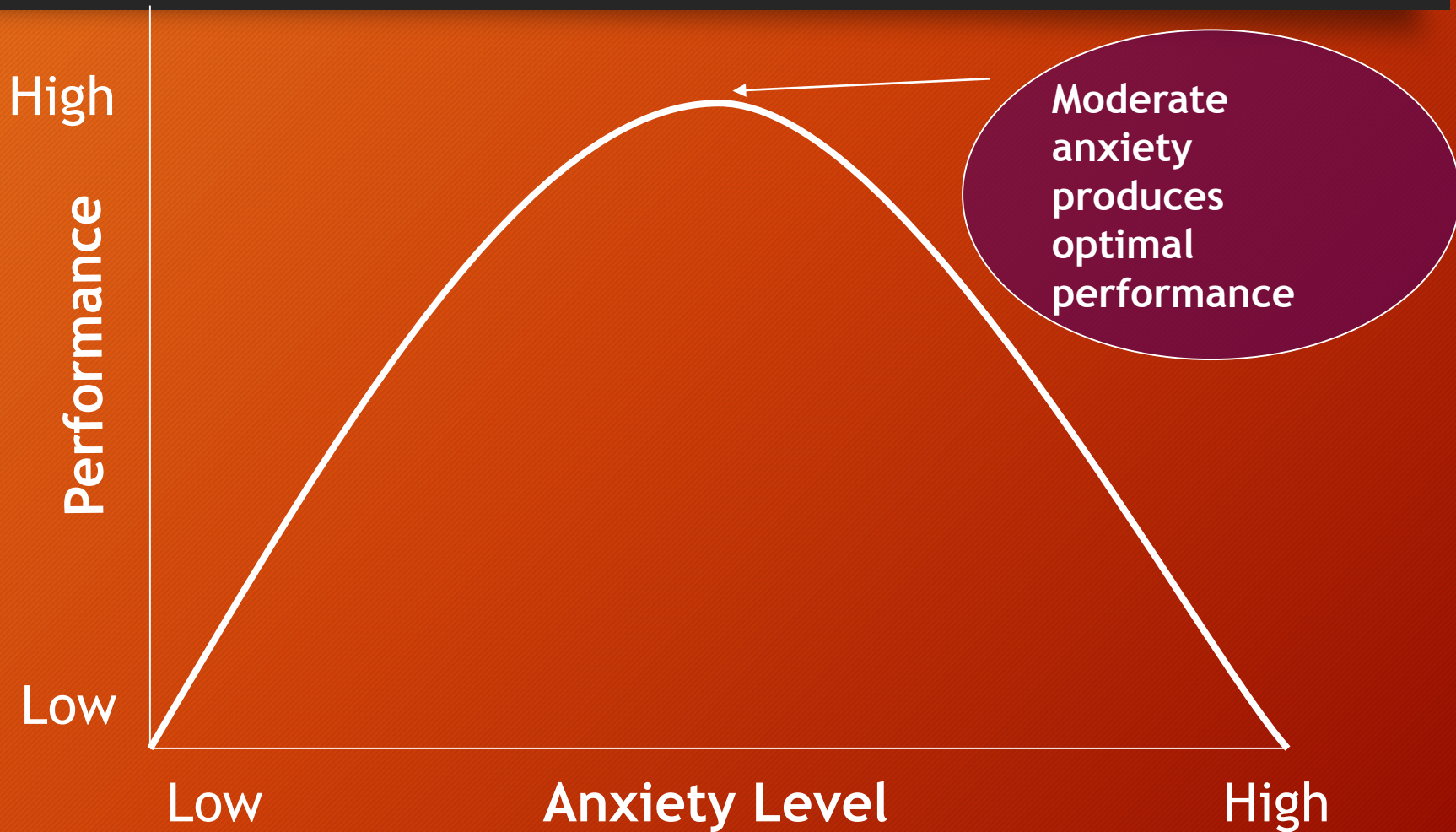
*The fight or flight response is body's reaction to stress*



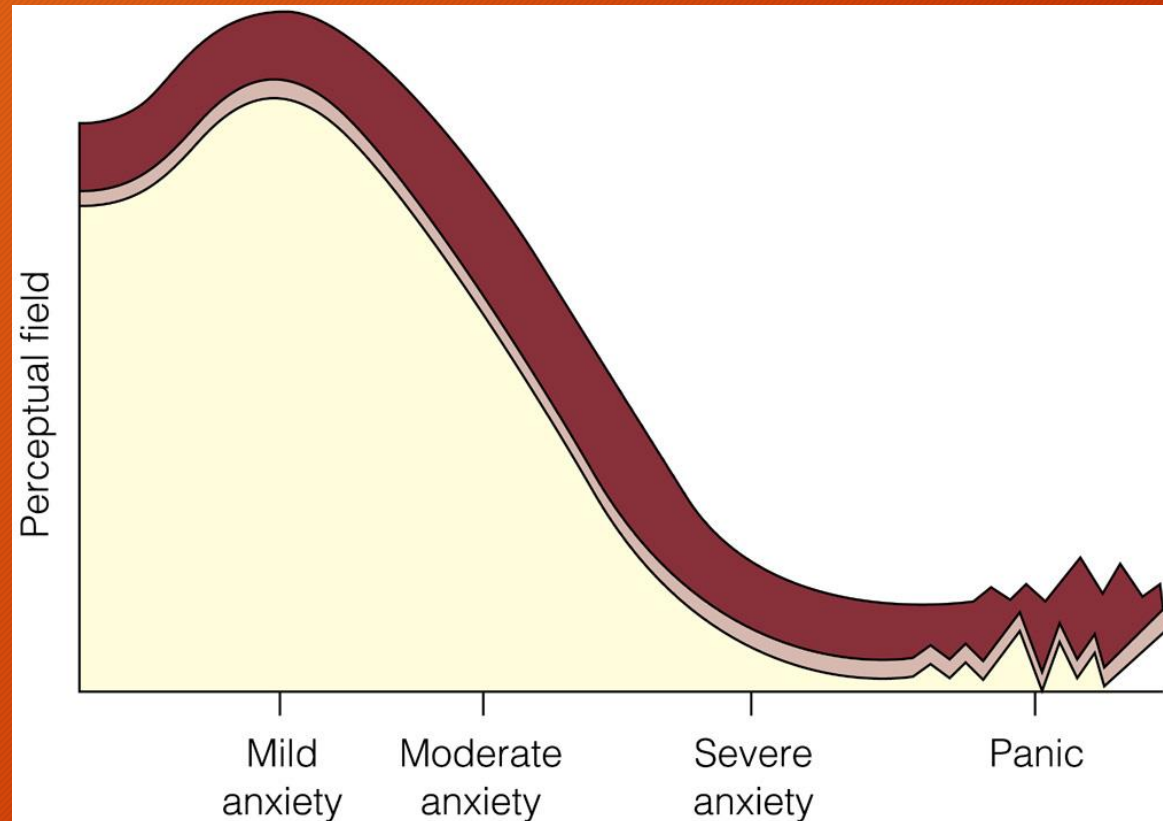
Reduce stress levels and increase concentration by using *relaxation techniques*



# Maximizing Performance Under Stress



# The Effect of Anxiety on the Perceptual Field

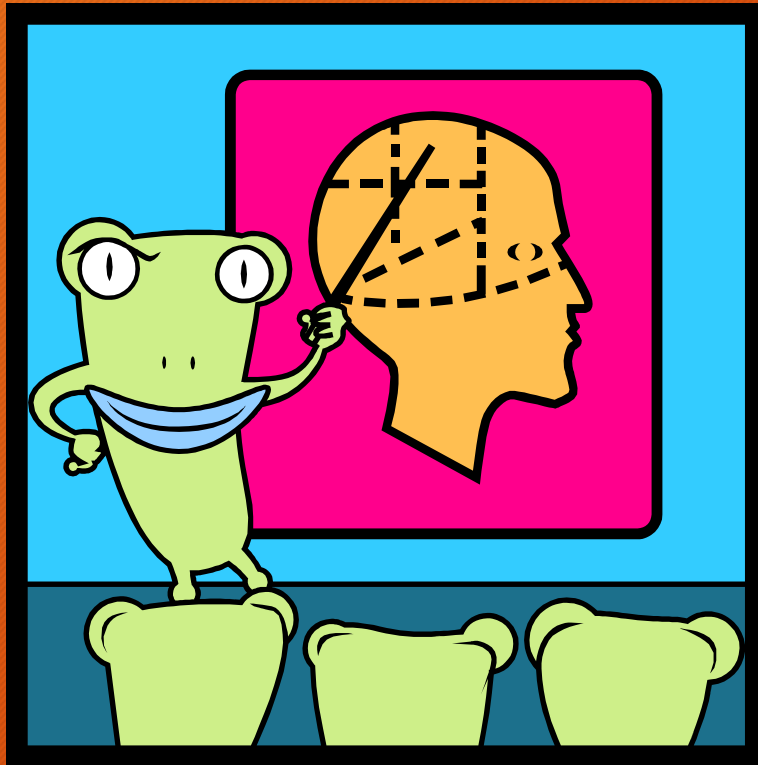




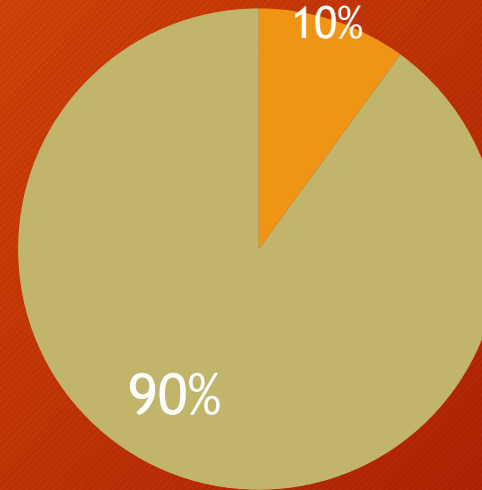
# STRESS ALTERS LISTENING

- Alters sense of time.
- Reduces visual field.
- Muffles sound.
- Produces internal dialogue, increasing anxiety.
- Decreases memory.
- Heightens sense of urgency.

# The Hijacking of Your Brain



■ Logic/Rational ■ Amygdala



“Only you can prevent hijacking!”



# Focus on Safety

**Find areas of risk**

What do I really need to pay attention to?

**Own responsibility**

Activate your motivation

**Concentrate**

Apply the required amount of focus

**Use mental impressions**

Sharpen your focus skills by practice and repetition

**State intent to follow**

Make your commitment

# Locomotive Engineers - Keys for Success

- Management of the unique demands of transporting passengers (instead of freight/cargo).
- Handle pressure.
- Keep organized.
- Know train territory and every stop on all lines you are qualified on.
- Always know operating rules.
- Be situationally aware at all times.
- On-time performance priorities.
- Quick reactions during challenging situations.
- Awareness of stop & go territories.
- Safety leadership with conductors and crew members.



# How Do You Motivate Others for Safety?

How are you, as one single employee, going to make sure that the rest of your crew and co-workers are engaged throughout your train run and/or work day?

# Identify a Few Key Differences Between Freight and Commuter Rail Operations

- Safety of passengers.
- Frequent stops.
- More people.
- Urban environment.
- Greater likelihood of distraction.

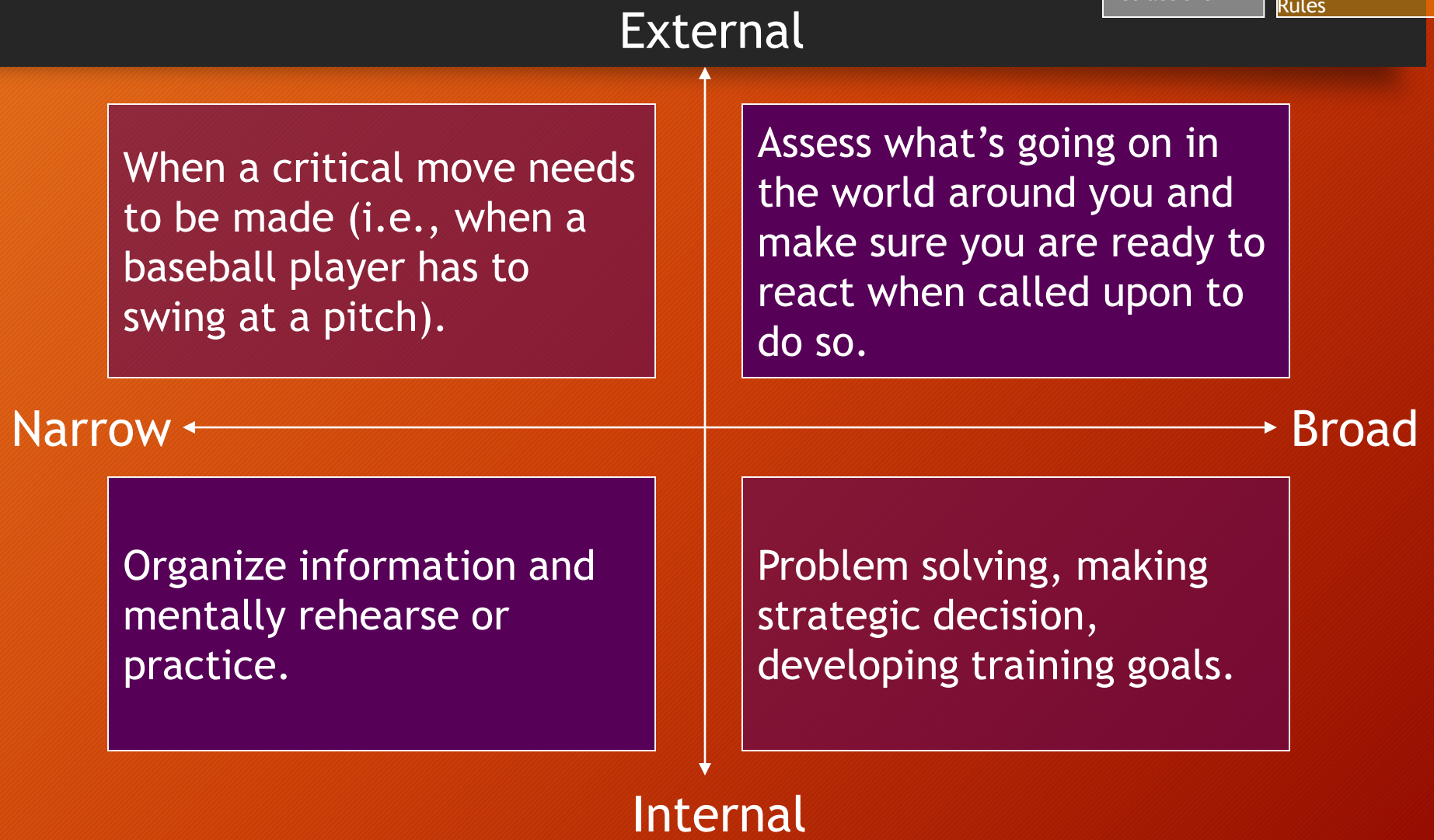


# Types of Focus

Level of Focus (LF)	Intensity and type of focus.
Required Level of Focus (RLF)	Level of focus required when performing tasks.
Natural Focus (NF)	Automatic focus on a task. During routine tasks, natural focus may not be intense enough to prevent errors on the job.
Applied Focus (AF)	Intentional application of focus.
Degree of Distraction (DD)	Strength or impact of a distraction as it relates to your job.

# Recognition of Focus States

Understanding Focus	Managing Focus
Managing Distractions	Making and Sticking to Focus Rules





# Discussion