

WELLBEING I & II - MENTAL HEALTH IN AIRCREW

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Work is part of our wellbeing and a key driver of health.

Pilot wellbeing is an occupational health, flight safety, operations management and commercial concern spanning different airline functions including occupational health, flight safety, flight operations (i.e. flight planning and crew rostering), aero-medical assessment and human resources.

This presentation focuses on evidence-based recommendations for interventions to promote wellbeing (including positive mental health and mental wellbeing) in the workplace, both at an airline level and pilot self-management level. This follows from the analysis of the findings of a 'pilot wellbeing and work-related stress (WRS)' survey undertaken with over 1,000 pilots.

The practice of healthy behaviours and coping behaviours strengthens a person's resistance to stress. Our research indicates that pilots are coping with significant challenges/sources of WRS. Coping mechanisms such as managing sleep, taking exercise, eating a healthy diet and taking with others enable some pilots to thrive in an environment that has negative impacts for others. Nonetheless, risks pertaining to WRS need to be effectively managed by a pilot's employer, linking to Safety II and data driven risk assessment approaches.