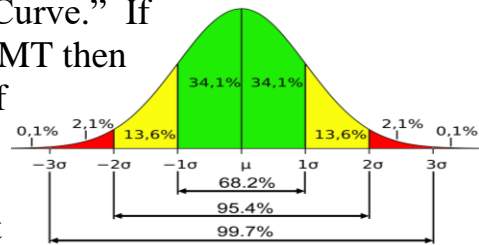


Age and human error. As one gets older, you, at some point begin to wonder; “just when does this old enough to know better kicks in?” At 79 I’m still waiting. I’m going to divide age into 10 year blocks, give them a name and provide what may be for some “nice to know” material. At the risk of sounding like a horoscope we will then look at the dangers as they relate to age as well as Safety nets to lower the dangers. But first let me reintroduce you to the Bell curve. Educators know this curve well. The ideal test will have student scores in this ratio from fail to 100%

Another name for it can be the “Probability Curve.” If I list a series of characteristics of an AME/AMT then using the Bell curve, 2.1 % would have all of the characteristics and 2.1% would have none of them but within one standard deviation of center, 68.2% would have about one-half of them. I use this to illustrate few if any will have all or none of the characteristics but the majority of us will have about half of them. So let’s see where you fit in.



Be aware that the actual age brackets can vary greatly and blend together.

Age 1 yr. to 10 – The Imprint Age. It is this age that sets us up for our values, likes and dislikes from our Early Life Decisions (ELD). See article #39 DOM issue February 2019. As a young child, looking at adult kneecaps, you try to make sense of the small adult world around you. Experiences, usually emotional in nature, result in subconscious decisions that influence your adult life. Parents have a heavy influence in the child’s ELDs and that is where the saying “like father, like son” likely comes from. A child that is a risk taker and gets away with it will likely be a risk taker as an adult versus the risk taking child that gets hurt as a result of the risk and grows up being very cautious and afraid of certain risks. All this will influence your pensively to make that unintentional human error as you age.

Age 11 yr. to 20 – The Rebellious Age. At this age the child, coupled with a hormone imbalance, begins to go to great lengths to try to control everything in their life. They will have an argument for every decision and some will even argue against something they actually want just to illustrate their control. They will challenge boundaries and rules. Some of this can spill into adulthood and influence the breaking of rules. Some parents have expressed the desire to bury their rebellious child at 12teen and dig them up when they reach the age of 20. They don't know what they don't know and are often amazed at how much smarter their parents have become as they leave this age. In this age, they will have a **Lack the Awareness** (#23 Issue May 2017) of what they don't know and often **Lack the Assertiveness** (#5 April 2015) to ask when they are unsure of something.

Age 21 yr. to 30 – The Bulletproof Age. The now young adult still retains a child belief of “nothing bad can happen to me.” They seek adventure and take risks. The *crash* rate of driver's *ages* 16-18 years is nearly double that of drivers *ages* 18-30 and approximately 4.5 times that of drivers *ages* 30-59. Drivers *ages* 60-69 have the lowest *crash/fatality* rate. After age 70 the rate starts back up but the fatality rate increase is often due to preexisting medical conditions and not due to the crash. Note: these stats vary somewhat depending on the country and study, but women are consistently Safer than men. **Complacency** (#15, Issue June 2016) plays a heavier role here as their actual knowledge often is not as much as they think it is.

Age 31 yr. to 40 – The Productive Age. At this age the average AME/AMT is competent having gone through the school of hard knocks in life. They are usually settled in life and enjoy their work with the many challenges in what they are doing. They are a professional and it shows in their work. If you go back to article 7, DOM issue June 2015, you will read what an expert says your characteristics are during your most productive years. In this age, you have the knowledge to do the job well and the energy to do it fast. However, you are “fair game” to be caught by any and all of the Dirty Dozen, especially if you have never been trained on how and when they are likely to catch you and what Safety nets can reduce the chances of the error causing an accident.

Age 41 yr. to 50 – The Top of the Hill Age. At this age you begin to discover that you may be as good as you ever were but it just takes longer. You may be able to run the marathon, but you will be taking longer. The average person will now be losing 1 to 3% of their muscle mass per year

unless they are doing consistent vigorous exercise. Weight gain will be getting harder to control. You discover that your arms are too short to read the paper and reading glasses are in order. It's called presbyopia if you must know. Female and male menopause will begin in the late 40s and with it comes a hormonal change. Woe for the male as 53% will have experienced significant hair loss except in their nose and ears where they begin to increase growth. Grey hair may begin to appear around the temples. At least you still have "all your marbles" although they may be starting to rattle around a bit more when remembering where you left things and the like. Get in the habit of writing things down. Keep in mind that while you still got it, it may take you longer to find it.

Age 51 yr. to 60 – The Slippery Slope Age. You definitely know that you "aren't as young as you used to be" when the grandchildren can tire you out. At work you may begin to rely on "**Old age** and treachery will always **beat youth** and exuberance."(David Mamet) If you worked around the noise of aircraft engines then a noticeable hearing loss will become evident. Because it is so insidiously slow, other people may notice it before you do. Your metabolism is slowing with the muscle loss making weight control more difficult. The chances of cancer increase dramatically with a 1 in 9 chance of prostate cancer for men and a 1 in 8 chance of breast cancer for women. The survival rate for both is high for both **with early detection**. Preventative maintenance is what we are all about and that should include you. For men it is time for yearly PSA and the "fickle finger" test. For women it is a yearly breast squeeze and a "know your breast" self-inspection for lumps forming. Be sure to have both tests as if the cancer spreads your chances of survival are only 1 in 3 (31%) If you wait for pain to tell you something is wrong your odds will be even lower. Expect to begin losing height – about 1 inch for men and 2 inches for women. Wrinkles become reminders that age is catching up. Grin and bear it as it's always a great day to be alive.

Age 61 yr. to 70 – The Golden Age. Whoever called them the golden years needs his head examined. Back problems become common and arthritis stiffens up every movement. The secret is to **keep moving**. Your immune system is weakening. Thus if the Covid-19 or any illness pays a visit to your nursing home you could be in big trouble You are now more likely to break a bone as bone density decreases and you may be on a waiting list for a hip or knee replacement. A pill box by your breakfast plate will become common and you are about to become a burden on the health system that

you've paid into all those years. For some good news, you are much less likely to catch a cold because you've caught every variety in the past. Retirement brings on its own challenges but you must have something meaningful to do after retirement or you'll likely be dead within two years.

Age 71 yr. to 80 – The If I'd Known I'd Live This Long I'd Have Taken Better Care of Myself Age.

Time is like that roll of toilet paper in that the older you get the faster time seems to go. You must keep active and that includes the mind or you'll lose it. Dementia and worse, Alzheimer, are always waiting to rob you of the time that you have left. Pass on your tribal knowledge while you still can.

Age 81 yr. to whatever years you have left. – The I Can't Believe I Made it This Far Age

The average age expectancy for men is 77.1 years and 81.1 years for women. If a man lives to 85 there will be two women for every man while by 100 there will be 5 women to 1 lucky man. Should you make it that far I hope and pray that it is in good health, you have lots of good memories to look back on and the errors you made in life were small and non-consequential.