



Course

Course Description

Course Topics

Target Groups

Course Duration

Fatigue Management Training

Fatigue has been identified as a contributing factor to several accidents and incidents. It has long been recognised that fatigue, sleep loss and circadian disturbance can degrade performance and therefore have an influence on safety.

Under **ORO.FTL**, operators are required to monitor and manage the risk resulting from crew member fatigue within their operation. Part of the Fatigue Risk Management is to provide appropriate Fatigue Management Training to crew member according to **AMC1 ORO.FTL.250**

The interactive web-based training includes the following topics and can be customized to reflect the operators fatigue risk management if required:

- Applicable regulatory requirements for flight, duty and rest
- The basics of fatigue including sleep fundamentals and the effects of disturbing the circadian rhythms
- The causes of fatigue, including medical conditions that may lead to fatigue
- Fatigue countermeasures
- The effect of fatigue on performance
- The influence of lifestyle, including nutrition, exercise, and family life on fatigue
- Familiarity with sleep disorders and their possible treatments
- The effects of heavy short range schedules on individuals (if applicable)
- The effect of operating through and within multiple time zones (if applicable)
- The crew member responsibility for ensuring adequate rest and fitness for flight duty

The Fatigue Management Training will be completed through a test at the end of the course.

- Flight and Cabin Crew
- Management
- Maintenance Personell

2 hours

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PRODUCT INFORMATION



