

Letter of Conformity

This is to confirm that the

“Fatigue Management Training v01“

provided by infoWERK Medien & Technik GmbH, setup on the LMS Training Portal is in compliance with **AMC1 ORO.FTL.250**.

Training subjects shall include but are not limited to the following:

- 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
- The effect of fatigue on performance
- Fatigue countermeasures
- 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

All requirements and updates are documented in infoWERK's internal Quality Management System.

Wolfgang Lachinger
CEO

Innsbruck, February 2019