

**FATIGUE MANAGEMENT - SYLLABUS****DESCRIPTION**

Fatigue has been cited as a causal factor in multiple aviation accidents. This Fatigue Management Training course, based on ICAO, FAA, EASA FRM implementation publications, is designed to raise awareness on the causes of fatigue and countermeasures to reduce or mitigate the effects of fatigue in aviation.

**MODULE CONTENT**

1. Objectives
2. Regulatory Requirements
3. Basics of Fatigue, and Sleep Fundamentals
4. Causes and Effects of Fatigue
5. Fatigue Countermeasures
6. Influence of Lifestyle
7. Sleep Disorders and Treatments
8. Types of Operation: Effects on Fatigue
9. Crew Members Responsibility

**FAA & EASA REFERENCES**

FAA: AC 117-2, AC-117-3, AC-120-100, AC-120-103

EASA: ORO.FTL.250 (a) (b) AMC ORO.FTL.250

**RECOMMENDED AUDIENCE**

Recurrent training for Crew Members & Ground Staff (all type of aircraft)

**MODULE DURATION**

55 minutes (with written exam – 75% minimum to pass)

**REMARKS**

E-LEARNING MODULE / Validity: 12 months

VERSION: 2017\_v1

