

Fatigue Risk Management

Course Description

Audience

Crew Planners, Crew Planning Management, Safety Pilots and others interested in learning more about fatigue, fatigue modeling and scheduling principles for reducing crew fatigue.

Prerequisites

Pairing I or Rostering I or equivalent knowledge.

Duration

2 days

Day 1 - Regulation, Physiology and mechanisms behind fatigue, Bio-mathematical models, Risk and Safety Performance Indicators. Exercises using CrewAlert

Day 2 - Crew planning and fatigue, Improving rules, Safety management and assurance, Exam. Exercises using Jeppesen Crew Rostering and Concert.

Course goals

To give detailed information on the nature of sleep, the relation between factors contributing to flight crew fatigue, and hands-on training in crew scheduling principles to control/reduce fatigue. After the course you will have gained an understanding of:

- Sleep physiology
- Fatigue and fatigue models
- Scheduling practices to reduce fatigue

Course topics

- Basics of sleep science
- Components of fatigue
- How fatigue effects performance
- Mathematical models of fatigue
- The Boeing Alertness Model
- Fatigue risk management systems
- Regulatory guidance / recommendations in use and upcoming
- The crew management process
- Introduction to the tool Jeppesen Crew Pairing

- Introduction to the tool Jeppesen Crew Rostering
- Exercises in crew scheduling and measurement of obtained fatigue levels using the Jeppesen Crew & Fleet Management suite.

All exercises are done using a generic data set. All hand-out material, information in systems used, and (unless agreed otherwise) teaching is in English. Number of participants is limited to 8 per course.