







## FATIGUE RISK MANAGEMENT SYSTEM

Reference: SAFE-008-0322

 <p><b>Awarded Qualification</b> « Fatigue Risk management System » Certificate</p>	 <p><b>Length</b> 3 days - 18 hours</p>	 <p><b>Language</b> English</p>	 <p><b>Location</b> France Paris</p>
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### # OBJECTIVES

- To have the theoretical basis on the physiological factors of fatigue.
- To understand the consequences of fatigue on aviation safety.
- To understand regulations and obligations inherent in fatigue management.
- Principles and assets for the implementation of a FRMS.

### # AUDIENCE & PREREQUISITES

This training is intended for executive officers engaged in safety-related activities: air force, airline operators, air groups in public sector, supervisory authorities, members of professional organisations, insurers, jurists, experts.

Multinational course, English intermediate level (B1/B2).

### # COURSE CONTENT

- Theoretical basis of fatigue and its management: fatigue, vigilance, sleep, circadian rhythms, sleep inertia.
- Consequences and factors of fatigue in air operations, Fatigue management strategies.
- Regulatory references: ICAO, EASA, national regulations.
- Fatigue Risk Management System principles: fatigue management policy, fatigue management tools (hazard identification, quantification of the risks, strategies to master fatigue), maintaining safety (respect of safety objectives, constant improvement of fatigue management), promoting safety (training on fatigue and communication).
- Case studies.