



## Fatigue Risk Management Systems Regulatory Obligations Essentials – 1 Day

### Introduction

ICAO defines Fatigue as "A physiological state of reduced mental or physical performance capability resulting from sleep loss or extended wakefulness and/or physical activity that can impair a crew member's alertness and ability to safely operate an aircraft or perform safety related duties."

Moreover ICAO identifies Fatigue Risk Management (FRM) as: "A data-driven means of continuously monitoring and managing fatigue-related safety risks, based upon scientific principles and knowledge that ensures relevant personnel are performing at adequate levels of alertness."

The potential for Fatigue is without doubt a hazard and can be considered as a significant exposure to human factors hazard because it has the potential to negatively affect the entire spectrum of duties and activities performed by an individual.

Fatigue Risk Management Systems (FRMS) is a mandatory obligation placed on the organisation and may be managed as an integrated part of the Aviation Safety Management System SMS.

The course is focused on the process to determine the specific needs of the organisation, to perform a current status gap analysis and builds on the need for a total understanding of the steps required to fully implement and manage an FRMS within your organisation.

### Who is the course for?

For Management of organizations where Fatigue Risk Management Systems (FRMS) is a mandatory obligation as an integrated part of the Aviation Safety Management System SMS Regulatory Authority Personnel Quality & Safety Practitioners

### What is the Benefit of this Training - What will I learn?

- a) To understand ICAO and EASA basics for implementation of Fatigue Risk Management Systems (FRMS) and principals of managing fatigue-related safety risks.
- b) To understand detail FRMS regulatory obligations.

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## What is the Benefit of this Training - What will I learn?

- c) To understand the specific needs of the organization and steps required for full implementation and management an FRMS.
- d) To understand employee engagement and responsibilities within organization's FRMS.
- e) To understand various influences which may affect FRMS.

## Why should I choose SAS for Training?

Sofema Aviation Services is a Regulatory training and consulting company with 45 years commercial aviation experience and 10 years operational experience. Since we started we have provided certificates to approx. 15,000 delegates we have grown for 2 primary reasons!

The first is that we are professional and we listen to our customers. Please visit our download area as an example of how we engage with our customer [Download Area](#).

The second is not only the fact that our prices are far more cost effective than our competitors it is that our discount program leaves all the others way behind – please do not take our word for it check it out! [SAS Discount Program](#)

## What Makes SAS Fatigue Risk Management Systems Regulatory Obligations Essentials - 1 Day Different?

Because our courses are written by people who have lived through the regulations. The author of the training material has more than 25 years' experience as an auditor across the entire regulatory spectrum.

At Sofema Aviation Services our focus is on accepting that compliance with Regulations is in fact minimum compliance. Interpreting the regulations in a way which enables the development and optimisation of our business is where we should see opportunity to drive efficiencies and cost saving.

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TRAINING COURSE DETAILS

## Detailed Content / Topics - The following Subjects will be addressed:

- Introduction
- Contents
- Terminology & Abbreviations
- FRMS – How to Assess your Organisations Status
- Introduction to the Concept of Fatigue Risk Management Systems
- Regulatory Drivers for FRMS
- Considering the Challenge of Developing an Open & Effective Reporting Culture
- Considering the Steps to Implement an Effective FRMS within your Organisation
- Integrating FRMS within an SMS
- FRMS Systematic Management
- FRMS Documentation
- FRMS Training

## Target groups

Flight Crew Management, Operations Management Personnel, Quality and Safety professionals, Regulators other stake holders and other Stake Holders and interested persons.

## Pre-requisites

A background in an aviation environment.

## Learning Objectives

To understand the exposure, implementation challenge and effective management of a Fatigue Risk Management System.

To achieve a deep understanding of the associated regulations and requirements.

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TRAINING COURSE DETAILS

## Learning Objectives

To understand the tools and mechanisms for gathering and analyzing FRMS data within your own Airline.

Best practice development of an effective reporting policy.

Understand FRMS and how it integrates within the organisations SMS.

## What do People Say about Sofema Aviation Services Training?

*"This training offers very good explanations of difficult topics."*

*"All aspect were useful, the examples were great."*

*"This training helped me to develop some new skills."*

*"The instructor is very resourceful and intelligent."*

*"Having a visual material helps a lot the learning process."*

## Duration

2 days - Each day will commence at 09.00 and finish at 17.00, with appropriate refreshment breaks

Sofema Aviation Services offers a flexible approach to developing all in-company training courses which are specific to the client's needs. If you would like additional information concerning how course content may be configured to be more appropriate for your organisation please email [office@sassofia.com](mailto:office@sassofia.com)

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