

# Aviation Fatigue Risk Management – 2 Days

## 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 this course for?

It is for persons who are involved in Flight Crew Management, Operations Management Personnel, Quality and Safety professionals, Regulators other stake holders and other Stake Holders and interested persons.

## Why Should I choose SAS for the training?

Sofema Aviation Services is a Regulatory Training and Consulting company with 45 years of commercial aviation experience and 10 years operational experience. Since the start we have provided certificates to approx 20,000 delegates and we have grown for 2 primary reasons!

The first is that we are professional and we listen to our customers.

The second reason is a combination of outstanding course fees, together with a world beating discount program which leaves our competitors way behind – please do not take our word for it, [check it out!](#)

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## What Makes Aviation Fatigue Risk Management – 2 Days 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.

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

- Contents
- Introduction to the concept of Fatigue Risk Management Systems
- Science of Sleep & Foundations of Fatigue Research
- Regulatory Drivers for FRMS
- Understanding the challenge of migrating from a Compliance Based FRMS to a Performance Based FRMS
- Measuring Fatigue Health & Well Being
- Considering the Challenge of Developing an Open & Effective Reporting Culture
- Considering the Steps to Implement an Effective FRMS within your Organisation
- Performing a Gap Analysis of the current status of FRMS within your organisation
- Integrating FRMS within an SMS – Systematic Management
- FRMS Documentation
- FRMS Training
- Promotion of FRMS within the context of a "Culture of Trust"

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

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

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

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

*"The instructor used the right words to explain the material."*

*"The discussions among the group were very beneficial."*

*"The instructor showed a very resourceful background and experience."*

*"All sections of the course were related to my field."*

*"Adequate answers were given to specific questions."*

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## Duration

2 Days – To 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)

To register for this training, please email [office@sassofia.com](mailto:office@sassofia.com) or Call +359 28210806



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