

# 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 is performing at adequate levels of alertness."

The potential for Fatigue is, without doubt, a hazard and can be considered 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, performing a current status gap analysis, and building 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?

The course is designed for aviation professionals involved in flight operations, crew scheduling, and aviation safety management. The course is particularly relevant for individuals such as pilots, flight attendants, air traffic controllers, aviation managers, and aviation safety officers.

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<b>Category</b>	Personal Development
<b>Venue</b>	On Demand
<b>Level</b>	Basic
<b>Price</b>	On Demand

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

The primary aim of the course is to provide participants with a comprehensive understanding of fatigue risk management principles, strategies, and practices within the aviation industry. It equips participants with knowledge and skills to effectively identify, assess, and mitigate fatigue-related risks in aviation operations.

## 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 stakeholders, 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 challenges, 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?

*"I found satisfying answers to all my questions."*

*"The instructor demonstrated a very deep knowledge of the subject."*

*"The length of the course fits my needs and expectations."*

*"The content was really effective, I gained a lot of new knowledge."*

*"The practical examples were perfectly delivered."*

## Duration

2 days – Start at 09.00 and finish at 17.00, with appropriate refreshment breaks.

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

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