

## TRAINING COURSE

# Implementing a Fatigue Risk Management System

## Introduction

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In 2011, ICAO introduced an amendment to Annex 6 Part 1, providing national aviation authorities with the regulatory framework to offer Fatigue Risk Management System (FRMS) as an additional means for operators to manage fatigue.

In January 2014, in line with this new approach, EASA published the 'European Regulation for Flight Time Limitations (FTL) for commercial air transport (CAT) air operator certificate (AOC)'. These regulations include a European FTL scheme and multiple Operator Responsibilities (ORO.FTL.110) for managing fatigue.

This course has been designed to be consistent with the EASA regulations as well as ICAO's latest guidance material on FRMS. The course covers both ORO.FTL.110 (managing fatigue under SMS) and ORO.FTL.120 (Fatigue Risk Management). In addition to providing a detailed explanation of the science of sleep, circadian rhythms and the impact of fatigue on individual and operational performance, the course includes a series of 'how to' sessions each focusing on a different aspect of FRMS requirements.

### COURSE DURATION

2 days, starting at 09:00 on both days and finishing at approximately 16.30 on the second day.

### TARGET GROUP

Personnel responsible for the implementation and oversight of FRM, Safety professionals, FRM advisors, NAA Inspectors, Fatigue Safety Action Group members, crewing and rostering personnel, CRM instructors.

Read more about the course Content, Learning Objectives and Pre-requisites on the website:  
[www.jaato.com](http://www.jaato.com)