

TRAINING COURSE

# Introduction to Fatigue Risk Management: managing fatigue, sleepiness and reduced alertness

## Introduction

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This course is intended for anyone working in aviation who has responsibility for managing fatigue risk. This 2-day course begins with an introduction to the science of fatigue and alertness management, before describing the requirements of Part-ORO with respect to FRM. ways that operators can manage the problem, for example managing fatigue under the operator's Safety Management System, or by establishing a system for Fatigue Risk Management (FRM).

Day 2 of the course describes the FRM predictive, reactive and proactive processes that an operator can establish to collect and track fatigue data. Roster fatigue metrics and fatigue safety performance indicators are described with extensive examples.

### COURSE DURATION

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

### TARGET GROUP

Safety Managers, Safety Analysts, FSAG members, FRM trainers and instructors, FRM auditors, Accountable Managers.

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