Fatigue Management Seminar

FAR 117 Fitness for Duty and Responsibilities
January 22–23, 2020
McLean, Va.
Fatigue Risk Management Systems and Mitigations
FRMS

• Planning-What is different than ops under prescriptive rule?
• Education-Getting the necessary information to pilots
• Execution-Normal ops, contingencies and oversight
• Future- What is possible and desirable?
Scientific principles and knowledge

- The need for adequate sleep
- Sleep loss and recovery
- Circadian effects on sleep and performance;
- The contribution of workload
- The operational and organisational context
Planning
Education

Flight Operations

B777 or A350 4-Pilot FRMS Operations Guide

Revision 5
December 06, 2018

This guide is a reference document for pilots conducting four pilot FRMS operations controlled by FRMS authorization number DALA-001 and FOPP 20-00-65 SUP2.
Execution
Thanks for your attention