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Air Line Pilots  
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# 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?



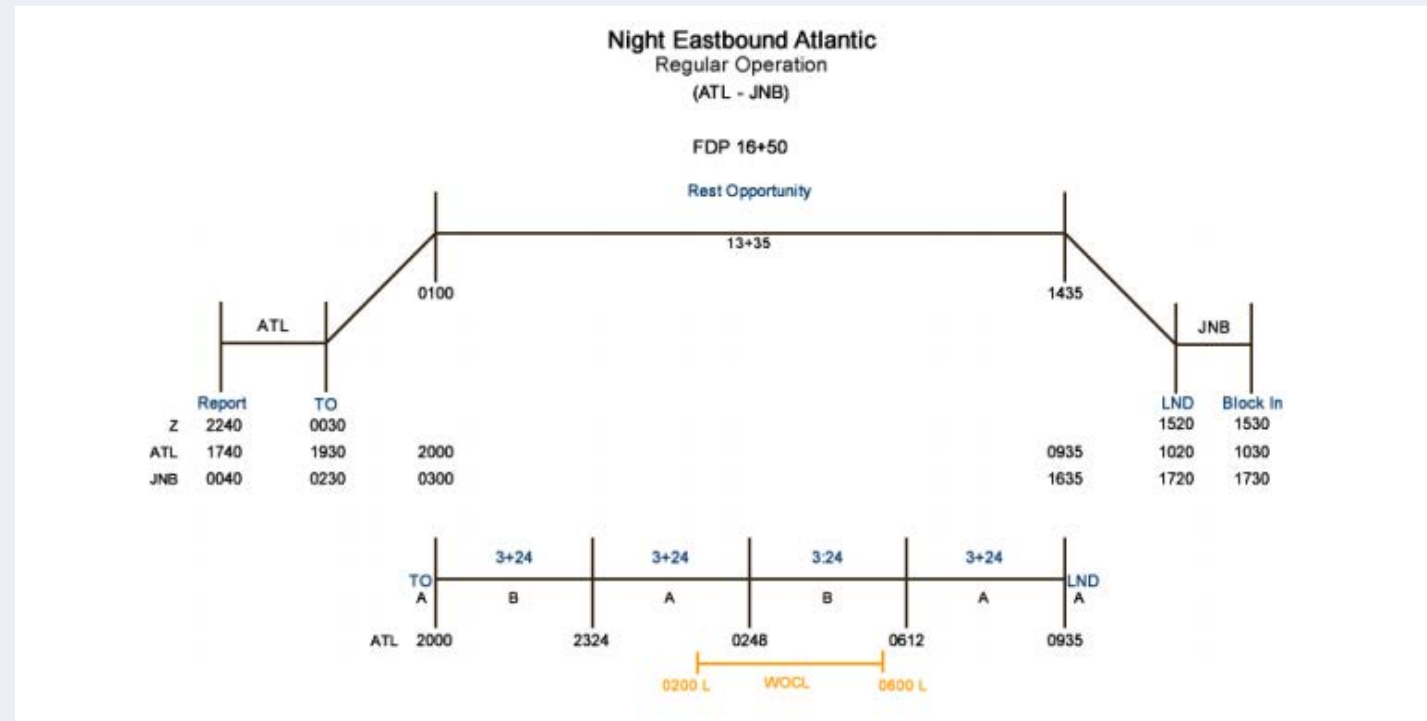


# Scientific principles and knowledge

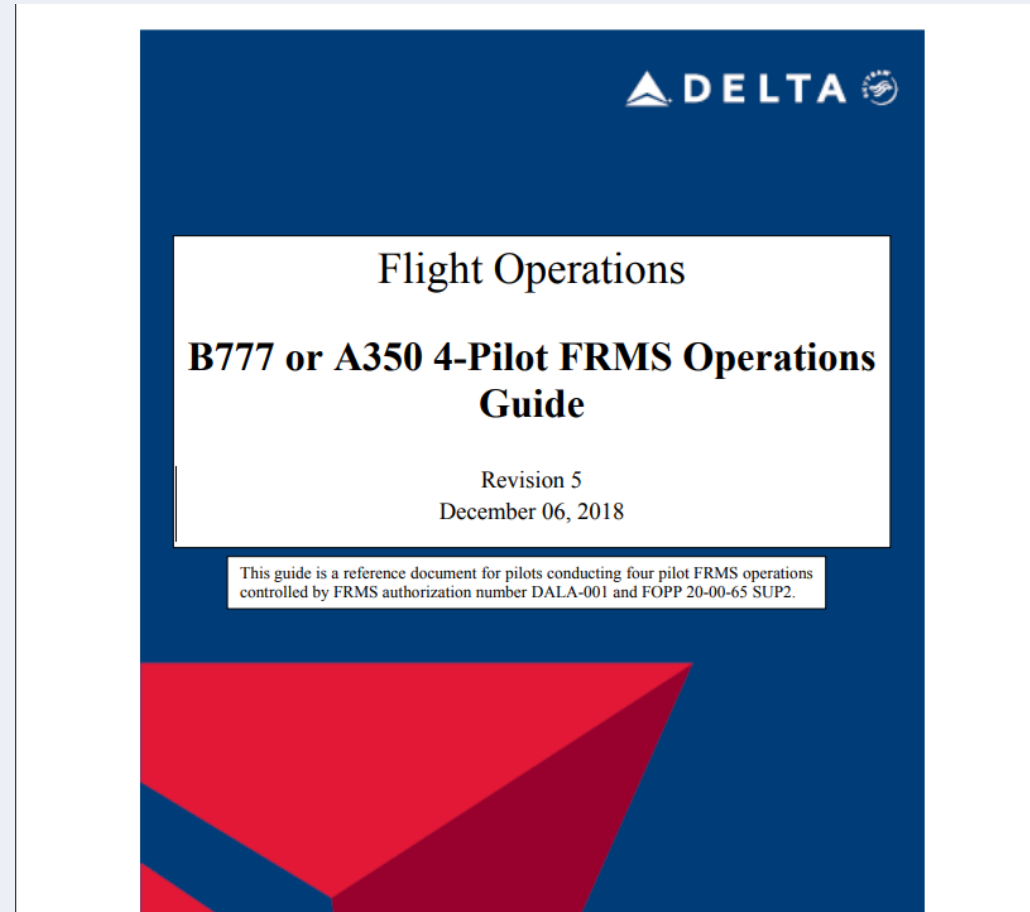
- The need for adequate **sleep**
- Sleep loss and **recovery**
- **Circadian** effects on sleep and performance;
- The contribution of **workload**
- The operational and organisational **context**



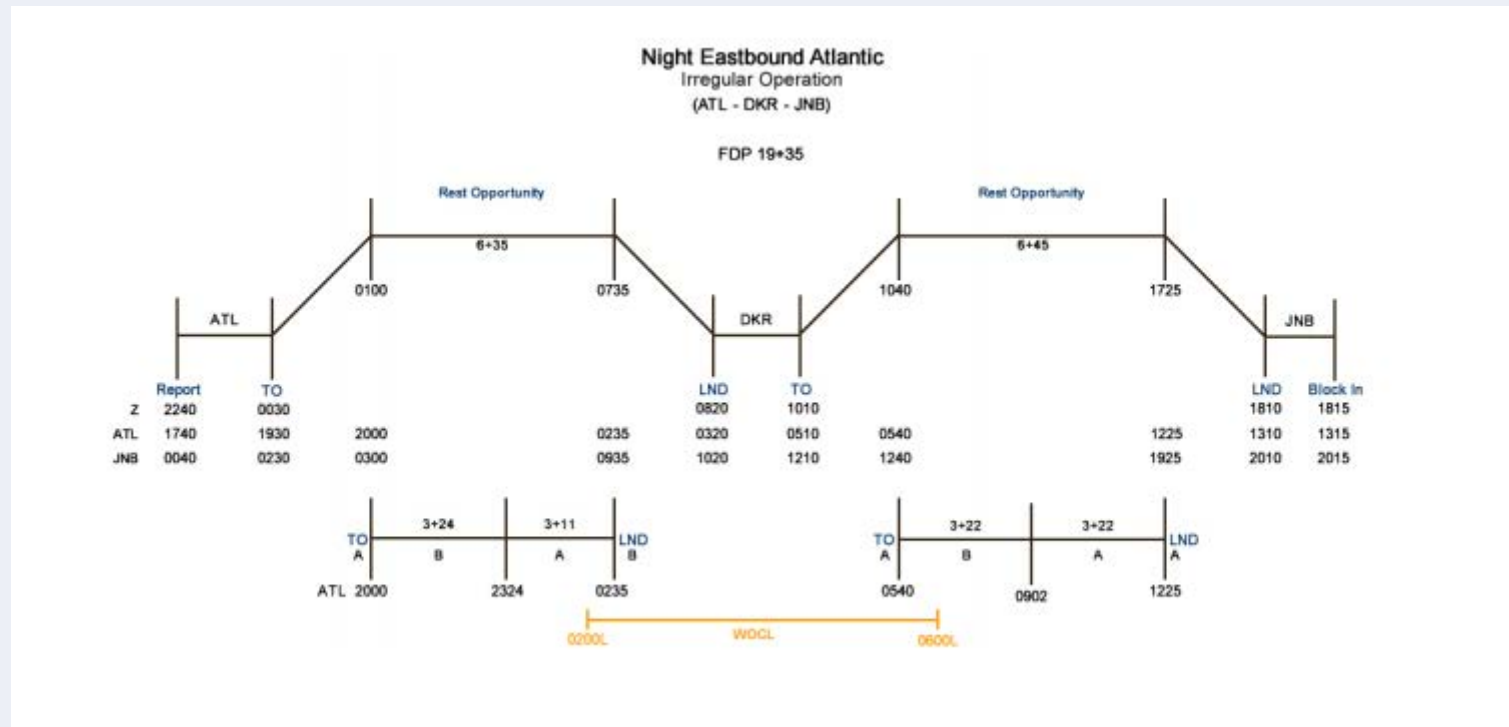
# Planning



# Education



# Execution



# Thanks for your attention

