

Fatigue Risk Management Training & FRM Advanced Training

Fact Sheet

With our Fatigue Risk Management Training, you will learn what FRM consists of, how it works, how it improves performance as well as the difficulties you may face during and after implementation. After completion of this training course you will understand how to implement FRM and assess relevant risks.

Take the next steps after the implementation phase of FRM with our FRM Advanced Training: After completion of this training course you will understand how fatigue related hazards can be identified, mitigated and monitored using various sources of data.



Fatigue Risk Management Training

Syllabus

- Development of FRM
- Principles of FRM
- Sleep
- Scientific Basis
- Integration of FRM into SMS Part 1
- Integration of FRM into SMS Part 2
- Body Clock, Fatigue and Countermeasures
- Fatigue-Related Accidents
- Implementation of FRM Part 1
- FRM Software Solutions
- Implementation of FRM Part 2

Objectives

The objective of the FRM training course is to make everyone familiar with the requirements, the solutions and guidelines as well as the benefits of implementing FRM into a company. This training course covers the following elements:

- Development of FRM: ICAO, FAA and EASA
- Principles of FRM
- Physiological background of FRM
- Scientific basis of FRM
- Integration of FRM into SMS
- FRM software solutions
- Onboard sleep of pilots

Scan this code for
more information on
the FRM Training.



Fatigue Risk Management Advanced Training

Syllabus

- FRM Data Sources: Fatigue Reporting
- FRM Data Sources: Scientific Studies
- FRM Software
- FRM Training
- FRM Performance Monitoring
- FRM Prerequisites

Objectives

The objective of the FRM Advanced Training is to discuss and learn details, about how already implemented FRM structures can be efficiently used to mitigate risks arising by fatigued personnel. This training course covers the following elements:

- Further steps following the FRM implementation
- Hazard Identification using various methods
- Fatigue Reporting
- Scientifically based surveys
- FRM Software support
- FRM Performance Monitoring
- Performance based auditing



Scan this code for more
information on the FRM
Advanced Training.





Why should people attend the course?

Managing safety in a systematic, coordinated and structured way is not only a requirement in all ICAO member states around the globe but - and this is even more important - it is about people's lives. We are all part of an organization's SMS. It is therefore key to be aware of our duties and responsibilities within this framework to be able to protect our company, us, our colleagues and our customers against any threat and harm in a most effective and efficient way while considering business opportunities.

What is the most valuable thing the participants will gain?

The strength of this course is the set-up. It firstly lays a basis for a common understanding of regulatory requirements and how an SMS with all its components functions. Secondly it builds on this by introducing and practicing tools and methods with generic and real life cases. It is conducted by a highly experienced trainer in an interactive group of aviation experts. Therefore, the benefit that can be taken away from this course is a brush-up in up-to-date safety knowledge along with practical experience and an exchange with peers from across the industry.

- Dr. Andreas Dietrich

| Target Group

- Safety Service Officers
Aviation personnel involved in management and the crew planning process
- Authorities assessing and approving operators' FRM
- Director of Flight Operations

| Prerequisites

This course clearly focuses on participants with experience with FRM and SMS. Basic SMS-approaches are assumed to be known and deepened in this course by means of FRM-examples. Furthermore, participants should be familiar with the organization's schedule and operations. General knowledge about aviation legislation, flight duty time regulations and possible union agreements is also required.

| Certification

After successfully passing a written exam the participants will receive a certificate on the last training course day.



Frankfurt/Main, GER or worldwide, according to customer demand



3 days (FRM)
3 days (FRM Adv.)



Course language: English, other languages available upon request

As a crucial part of the Safety Management System (SMS), **Fatigue Risk Management** (FRM) is a data-driven approach which continuously monitors and manages fatigue-related safety risks based upon scientific principles and knowledge. It ensures that relevant personnel of the airline industry perform at adequate levels of alertness. One of the promising advantages of FRM is an increase of productivity of crew members while reducing fatigue risk and keeping costs and complexity to a minimum.

Furthermore, the entire company can benefit from a higher level of safety. Based on ICAO FRM standards our training course delivers an effective regulatory oversight of fatigue risk management and provides the participants with practical tools for integrating the FRM in an SMS. After completion of this training course you will understand how to implement FRM and assess relevant risks.

Once the implementation phase is over, it is time to take further steps. Our **FRM Advanced Training** has been designed based on your feedbacks and exchange with international FRM experts. It is built on the premise that an organization has already worked on the implementation of a Fatigue Risk Management System (FRMS). It will provide you with the necessary approach to cope with increasing complexity and think critically about fatigue related issues. We have set up a hands-on program for members of airlines with FRM-experiences based on group-work activities, discussions and exchange with other FRM-specialists to focus on the most important FRM-topic: valid data. After completion of this training course you will understand how fatigue related hazards can be identified, mitigated and monitored using various sources of data.



Aviation Quality Services

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