

FRM Advanced Course

Day 1

- **10:00 – 12:00** **Module 0** Welcome and Introduction
- **12:00 – 13:00** **Module 1a** Fatigue Reporting
- **13:00 – 14:00** **Lunch break**
- **14:00 – 15:30** **Module 1b** Fatigue Reporting
- **15:45 – 17:00** **Module 1c** Fatigue Reporting

Day 2

- **09:00 – 10:30** **Module 2a** FRM Surveys
- **10:45 – 11:45** **Module 2b** FRM Surveys
- **12:00 – 13:00** **Lunch break**
- **13:00 – 14:30** **Module 3** Fatigue Software
- **14:45 – 15:15** **Module 4** Fatigue Training
- **15:30 – 17:00** **Module 5** Performance Monitoring

Day 3

- **09:00 – 10:00** **Module 6** FRM Prerequisites and course summary
- **10:15 – 12:00** **Module 7** Case Study Group Work
- **12:00 – 13:00** **Lunch break**
- **13:00 – 15:00** **Module 8** Open Book Test