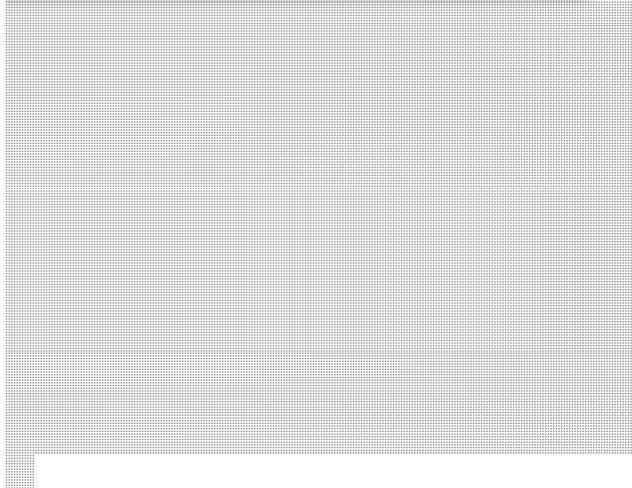
Aviation Quality Services

# \* Syllabus -Web-Based Fatigue Risk Management (FRM) Training



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## Syllabus

## Fatigue Risk Management

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#### Objectives

Objective 1: Understand the key elements of FRM	
Objective 2: Understand how FRM can help the crew	
Objective 3: Understand the high importance of sleep for a crew	
Objective 4: Understand that clear procedures for sleep of flight crews onboard aircrafts adopted	
Objective 5: Understand the causes and consequences of pilot fatigue	4
Objective 6: Learn about countermeasures against pilot fatigue	
Objective 7: Get familiar with environmental factors influencing fatigue	4
Objective 8: Understand the importance of the integration of FRM into SMS	



1.1 Module FRMWBT01: Principles of FRM			
Objectives	Contents of module		
Objective 1: Understand	1. Basic principles		
the key elements of FRM Objective 2: Understand how FRM can help the crew	2. Swiss cheese model of human error (James Reason)		
	3. Motivation: Fatigue-related accidents		
	4. Content of an FRM Report		

1.2 Module FRMWBT02: Sleep		
Objectives	Contents of module	
Objective 3: Understand the high importance of sleep for a crew	1. Basic Facts about Sleep	
	2. Impaired Sleep	
Objective 4: Understand that clear procedures for sleep of flight crews onboard aircrafts have to be adopted	<ul> <li>3. Architecture of sleep <ul> <li>Cylces of sleep</li> <li>Hypnogram</li> <li>Microsleep</li> <li>Duration of sleep</li> </ul> </li> <li>4. Causes of bad sleep <ul> <li>Vicious circle – difficulties to fall asleep</li> <li>Hints for better sleep</li> </ul> </li> </ul>	

#### **1.3 Module FRMWBT03: Consequences and countermeasures of crew** member fatigue

Objectives	Contents of module	
Objective 5: Understand	1. Introduction	
the causes and consequences of pilot	2. Individual expression of fatigue	
fatigue	3. Fatigue in the cockpit	
Objective 6: Learn about countermeasures against	4. Causes of fatigue	
pilot fatigue	5. Countermeasures	

1.4 Module FRMWBT04: Environmental factors			
Objectives	Contents of Module		
Objective 7: Get familiar with environmental	1. Environmental factors that Reduce Alertness		
factors influencing fatigue	2. Alternation of Active and Passive Phases		

#### **1.5** Module FRMWBT05: FRM as part of an functioning SMS

Objectives	Contents of Module	
Objective 8: Understand	1. Definitions	
the importance of the integration of FRM into	2. Key Process of a SMS	
SMS	3. SMS and FRM Components - Comparison	
	Companson	