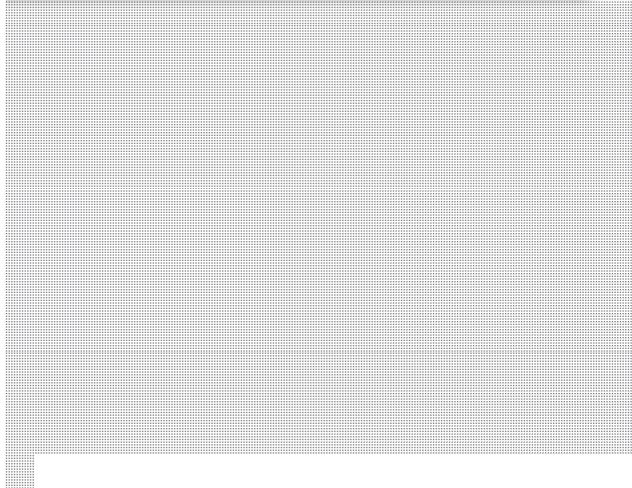
Aviation Quality Services

* 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	 3. Architecture of sleep Cylces of sleep Hypnogram Microsleep Duration of sleep 4. Causes of bad sleep Vicious circle – difficulties to fall asleep Hints for better sleep 	

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	