

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

Syllabus

Fatigue Risk Management

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1.1 Module FRMWBT01: Principles of FRM

Objectives	Contents of module	
Objective 1: Understand the key elements of FRM Objective 2: Understand how FRM can help the crew	1. Basic principles	
	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 Objective 4: Understand that clear procedures for sleep of flight crews onboard aircrafts have to be adopted	1. Basic Facts about Sleep	
	2. Impaired Sleep	
	3. Architecture of sleep <ul style="list-style-type: none"> • Cycles of sleep • Hypnogram • Microsleep • Duration of sleep 	
	4. Causes of bad sleep <ul style="list-style-type: none"> • 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 the causes and consequences of pilot fatigue Objective 6: Learn about countermeasures against pilot fatigue	1. Introduction	
	2. Individual expression of fatigue	
	3. Fatigue in the cockpit	
	4. Causes of fatigue	
	5. Countermeasures	

1.4 Module FRMWBT04: Environmental factors

Objectives	Contents of Module	
Objective 7: Get familiar with environmental factors influencing fatigue	1. Environmental factors that Reduce Alertness	
	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 the importance of the integration of FRM into SMS	1. Definitions	
	2. Key Process of a SMS	
	3. SMS and FRM Components - Comparison	