



**BOSTONAIR**  
TECHNICAL TRAINING  
EASA Pt 147 Approval EASA.147.0187

## **BOSTONAIR TECHNICAL TRAINING LTD FATIGUE RISK MANAGEMENT SYSTEMS (FRMS) AWARENESS**

Slide(s)

### **Introduction**

Course Objectives

### **Terminology and Abbreviations**

### **Chapter 1 - Alertness**

#### **Sleep Need and Performance**

How much sleep do we actually need?  
Stages of Sleep

#### **Sleep Loss and Debt**

Medical conditions that may cause fatigue  
Sleep loss due to poor quality sleep  
Circadian Rhythm

#### **Managing Alertness**

Managing Alertness at Home  
Preparing for sleep  
Signs of a sleep disorder  
Family and Social Life

#### **Healthy Lifestyle**

Nutrition  
Staying Active

### **Chapter Complete**

### **Chapter 2 - Fatigue Risk Management System**

#### **Introduction to the Concept of Fatigue Risk Management Systems**

Types of Fatigue  
ICAO definition of Fatigue Risk Management System (FRMS)  
Rostering Systems Requirements

#### **Regulatory Drivers for FRMS**

Fatigue symptoms and signs  
Responsibilities (state or operator)  
Regulatory drivers for FRMS  
Regulatory Requirements



## **The Challenge of Developing an Effective Reporting Culture**

Open Culture

Difference between Just Culture and a “No Blame Culture”

Willingness to report

Learning Culture

The importance of training

## **The Steps to Implement an Effective FRMS within your Organisation**

FRMS Policies

How to ensure FRMS is effective

## **Integrating FRMS within SMS**

Why integrate an FRMS into a safety management system (SMS)?

Key elements required to enable assessment of fatigue-related risk

What do we mean by FRMS data?

The role of the individual in delivering an effective FRMS

## **FRMS Systematic Management**

An acceptable FRMS policy

## **FRMS Documentation**

How FRMS is documented

FRMS Policy

Minimum requirements

## **Chapter Complete**

**END**

