



## SUMMARY

This course is an introduction to Fatigue Risk Management for flight crews.

The course covers the basic concepts of fatigue and sleep physiology, including definitions, symptoms of fatigue, error rates, circadian rhythm, sleep homeostat, blood glucose levels and glycemic index (GI).

Particular emphasis is placed on specific fatigue issues for flight operations (sleep debt, acute and chronic fatigue, time zones) and mitigation strategies (sleep schedules, controlled rest, layovers).

## TARGET POPULATION

The Pelesys Fatigue Risk Management course is designed for flight crews (all experience levels) requiring initial or recurrent training.

## REGULATORY COMPLIANCE

- ICAO / EASA / FAA
- Maintenance compliance with IOSA standards

Versions Available:  
**Standard**  
**EASA**

Course Length:  
**1 hr 20 min**  
**2 hr 10 min**