



# **FATIGUE MANAGEMENT & AWARENESS TRAINING (FMAT) COURSE**

**LEARN TO IMPLEMENT SAFE AND EFFECTIVE FATIGUE MANAGEMENT STRATEGIES**



#TheSkylsCalling

# UNDERSTAND FATIGUE AND DEVELOP BETTER MANAGEMENT STRATEGIES

Fatigue management is often underestimated as a key factor in risk management strategies for pilots and flying organisations. The Learn To Fly **Fatigue Management & Awareness Training (FMAT)** course has been developed based on recommendations from both CASA locally and ICAO globally.

**Understanding fatigue and having the tools to develop better fatigue management strategies leads to safer and more efficient flying.** Through a range of modules, the course provides an in-depth look at the science behind fatigue, how to identify the key indicators, and how to develop better management strategies for yourself and your flying organisation.

Learn To Fly has developed flexible course delivery methods to allow you to maximise your learning.



# **FATIGUE MANAGEMENT & AWARENESS TRAINING COURSE DELIVERY OPTIONS & SYLLABUS**



# LEARN AT YOUR OWN PACE, WHEREVER YOU ARE

Learn To Fly's Fatigue Management & Awareness Training (FMAT) course is offered in 2 different delivery methods. This allows pilots to choose a study option that suits their location and other life commitments and get the most out of their training. Course options include:

## 1. FACE TO FACE

Scheduled group classes taught at Learn To Fly's state-of-the-art training facility in Melbourne by highly experienced pilots and Flight Instructor trainers.

## 2. ONLINE LIVE:

Scheduled group classes presented by an experienced instructor using the Zoom Meeting online platform.

# FATIGUE MANAGEMENT & AWARENESS TRAINING SYLLABUS

## What Is Fatigue?

The concept of fatigue and adequate rest is often underestimated, and not discussed nearly enough. We will look at what fatigue is in detail, and consider its relationship and importance within the field of aviation.

## The Science Behind Fatigue

Fatigue is more than just needing to sleep. We examine the science and physiology behind fatigue, and what our body is doing when fatigue takes over. This leads to detailed discussions from our own personal experiences, and practical exercises to highlight the impacts of fatigue in our day-to-day aviation operations.

## Fatigue As A Factor In Aviation Incidents

Human Factors are often a huge consideration in aviation incidents, accidents and near misses, and one of the most critical human factors is fatigue. We review and examine a number of notable aviation incidents, with particular emphasis on fatigue and how it contributed to the circumstances of these events.

## Fatigue Management In Aviation

Continuing on from earlier discussions relating to the science of fatigue and fatigue's role in aviation, we will consider the key aspects of your future day-to-day operations. These will be examined, to create strategies that will help to identify areas where we can mitigate the risks and impacts of fatigue.

## Fatigue Risk Management Strategy (FRMS) Workshop 1: How Do We Currently Manage Fatigue?

In this group discussion module we talk about how fatigue is currently identified and managed by us as individuals and within our organisations. We question whether we are talking enough about fatigue and whether an efficient Fatigue Risk Management Strategy (FRMS) exists, with a view to developing more effective policies.

## Fatigue Risk Management Strategy (FRMS) Workshop 2: Future Strategies For Improved Management

Following on directly from the FRMS 1 module, we take a more detailed look at your own organisation and how you can create more effective strategies for managing fatigue. We discuss rostering and schedules, how to create a "Just Culture" environment where fatigue can be discussed openly, and consider the different approaches we can take towards more effective fatigue management based on our improved knowledge.



# **FATIGUE MANAGEMENT & AWARENESS TRAINING COURSE PRICING**

# FATIGUE MANAGEMENT & AWARENESS TRAINING PRICING



Face To Face Classes

**\$1,395**



Live Online Classes

**\$1,395**

Prices are in AUD and are subject to change. You will be charged based on the current pricing schedule at the time of booking. Current December 2023



## OUR GRADUATE: JOSH BEST

*“An understanding of fatigue management is something that you should continue to develop beyond your CPL theory and flight training, and discussing different ideas and concepts with others produces far more effective results. Created in conjunction with an airline Check and Training Captain, this course explores challenges that have been experienced by others in a Just Culture group environment, to invite open discussion and develop fresh strategies for managing fatigue.” – Josh Best, Grade 2 Flight Instructor*





# CONTACT US

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