

Fatigue Management for UAS Operations – eLearning

Course Information

The client will become familiar with the aspects of fatigue in flight operations to include identifying underlying causes and developing personal strategies to combat fatigue.

By the end of the course, clients will be able:

- Identify contributing factors and causes of fatigue
- List techniques for fatigue management/mitigation
- Describe the physiological aspects of sleep
- State how fatigue affects Human Factors/CRM

This course is compliant with Transport Canada CASS 726.12(i) and Ops Spec 095.

After successfully completing the course and passing the examination, you are issued a Certificate of Completion.

To enroll in this course, please contact eLearning Operations at 877-606-3334 or 416-373-5771. For more information please visit <https://elearning.flightsafety.com/ust-fatigue-management.html>

Course Curriculum	2.0 Hours + Exam
<p>This self-paced course covers the following topics:</p> <ul style="list-style-type: none"> • Introduction of Fatigue in Flight Operations • Causes of Flight Crew Fatigue • Circadian Rhythms and Window of Circadian Low • Flight Operations and Duty Periods • Proactive Rest Planning • Signs & Symptoms of Sleep Deprivation and Sleep Inertia • Stages of Sleep • Dietary Considerations • Fatigue Mitigation Strategies • Alertness Enhancement Techniques / Vigilance • Strategies to Promote Alertness • Human Factors / CRM Elements as Required • Examination 	

To learn about additional Unmanned System Training courses, please contact our UST team at 800.769.0008 or email at UST@flightsafety.com.

System Requirements

PC or Apple Mac minimum requirements: Operating System: Windows 7 or newer (PC), OS X 10.7 (Lion) or newer (Mac), Browser: Google Chrome (recommended), Apple Safari, Mozilla Firefox or Internet Explorer 9+, Adobe Flash 9.0+, Speakers or Headset/Headphones, Stable High-Speed internet connection

Apple iPad minimum requirements: Operating System: iOS6 or newer, Browser: Apple Safari, Google Chrome, Stable High-Speed internet connection

Training Locations & Contact Information

eLearning Operations • 877-606-3334 • 416-373-5771 • elearning@flightsafety.com