

FATIGUE RISK MANAGEMENT

The current fatigue rules are 20 years old! It is time for us to review these and we are looking for your input to help us do this.

FATIGUE REGULATIONS REVIEW

HOW FATIGUE AFFECTS YOU

Fatigue is caused by a combination of factors such as workload, circadian rhythm, and sleep habits. It is not only the activities that you do at work which contribute to fatigue, everything you do while you are awake has an effect!

Poor judgement



Long-term health concerns



Slower reaction time



COMMON FATIGUE MYTHS

While these things can help you feel less tired or refreshed for a brief period, the only cure for fatigue is sleep!

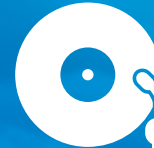
Fresh air



Coffee



Listening to music



WHAT IS THE CAA DOING?



Working with representatives from science, industry, and regulatory areas to identify problems and possible solutions.



Engaging with industry through a number of ways such as the Fatigue Risk Management Panel and consultation documents.



We are considering how best to update current regulations and guidance material and provide improved education around Fatigue Risk Management.

FROM NOVEMBER TO JANUARY THE CAA IS ASKING FOR YOUR FEEDBACK!

We have prepared a discussion document which details our research to date and problems we have identified; as well as some suggestions for future steps. We would like your input to help us work out what the best solutions will be for us all. There will be more opportunities to have your say as we continue through this project.

FOR MORE INFORMATION

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