



Wax on, wax off

Vad säger Basic Regulation om Fatigue

Annex IV

Essential requirements for air operations referred to in Article 8.

- 7, Crewmembers och 8. *Additional requirements for operation for commercial purposes and operation of complex motor-powered aircraft*

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No crew member must allow their task achievement/decision making to deteriorate to the extent that flight safety is endangered because of the effects of fatigue,

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...taking into account, inter alia, fatigue accumulation, sleep deprivation, number of sectors flown, night duties or time zone changes. Rest periods must provide sufficient time to enable crew members to overcome the effects of the previous duties and to be well rested by the start of the following flight duty period.

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The prevention of fatigue must be managed through a rostering system.

For a flight, or series of flights.....address flight time, flight-duty periods, duty and adapted rest periods.

Limitations.....**account all relevant factors contributing to fatigue** such as, in particular, number of sectors flown, sleep deprivation, disruption of circadian cycles, night hours, positioning, cumulative duty time for given periods of time.....

- CAT.GEN.MPA.100 Crew responsibilities
- CAT.GEN.MPA.105 Crew responsibilities of the commander
- ORO.FTL.110 Operator responsibilities
- ORO.FTL.115 Crew responsibilities
- CAT.OP.MPA.210 Crew rest at stations

Aktuella frågor från Operatörer/ Vad kommer framöver

- Awake time
- Crewrest facilities
- Nattjänstgöring över 10 timmar/Split duty

- SPI Fatigue
- Data källor
- Precursors

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