

Annex II to ED Decision 2023/023/R

‘AMC & GM to Annex III (Part-ORO) to Commission Regulation (EU) No 965/2012 — Issue 2,  
Amendment 24’

The text of the amendment is arranged to show deleted, new or amended text as shown below:

- (a) deleted text ~~is struck through~~;
- (b) new or amended text is highlighted in **blue**;
- (c) an ellipsis ‘[...]’ indicates that the rest of the text is unchanged.

The Annex to Decision 2014/017/R of 24 April 2014 of the Executive Director of the Agency is amended as follows:

## AMC1 ORO.FTL.250 Fatigue management training

### TRAINING SYLLABUS FATIGUE MANAGEMENT TRAINING

The training syllabus should contain the following:

- (a) applicable regulatory requirements for flight, duty and rest;
- (b) the basics of fatigue including sleep fundamentals and the effects of disturbing the circadian rhythms;
- (c) the causes of fatigue, including medical conditions that may lead to fatigue;
- (d) the effect of fatigue on performance;
- (e) fatigue countermeasures;
- (f) the influence of lifestyle, including nutrition, exercise, and family life, on fatigue;
- (g) familiarity with sleep disorders and their possible treatments;
- (h) where applicable, the effects of long-range operations and heavy short-range schedules on individuals;
- (i) the effect of operating through and within multiple time zones; ~~and~~
- (j) the crew member responsibility for ensuring adequate rest and fitness for flight duty; ~~and~~
- (k) the optimum use of sleep opportunities, in particular before crew reporting for night duties or late finish duties, and during an FDP with in-flight rest.