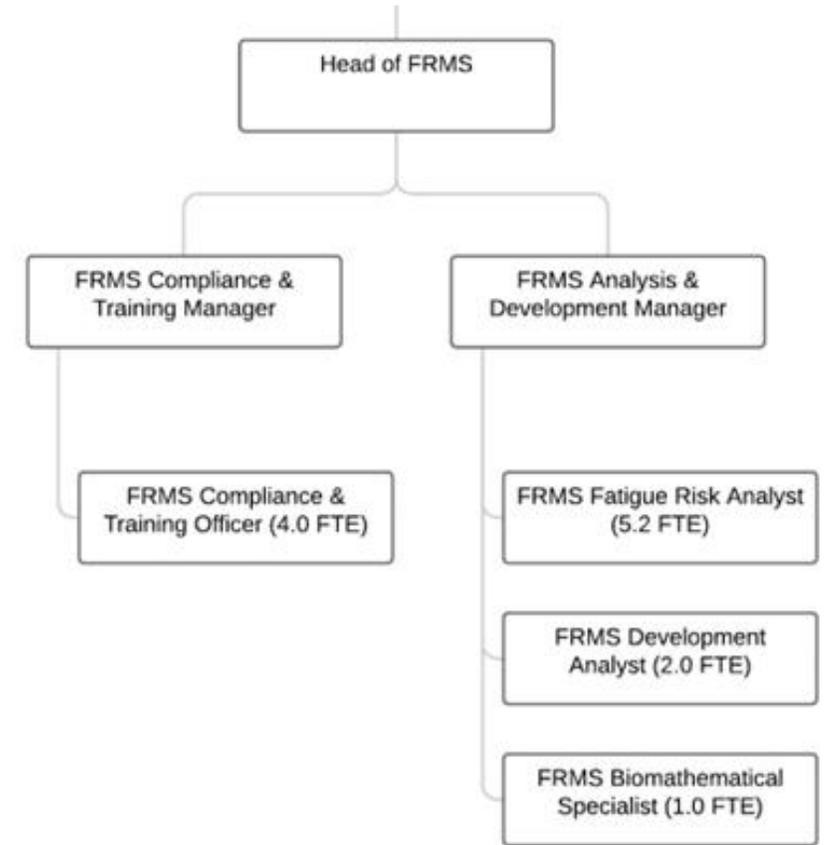


# INTRODUCTION TO FLIGHT TIME LIMITATIONS & FATIGUE RISK MANAGEMENT TRAINING



# FRMS ORG CHART



- > Everyone in Compliance and Training is qualified to at least Level 3 Award in Education and Training (AET)



# SESSION OBJECTIVES

- ✈ Introduce what Flight Time Limitation & Fatigue Risk Management Training is delivered at easyJet



# INTERNATIONAL CIVIL AVIATION ORGANIZATION DEFINITION (ICAO)

'a physiological state of reduced mental or physical performance capability resulting from sleep loss or extended wakefulness, circadian phase, or workload (mental and/or physical activity) that can impair a crew member's alertness and ability to safely operate an aircraft or perform safety-related duties.'

We like to use a variety of methods to appeal to all learners; for audio learners this is read aloud.



# WHAT IS FATIGUE?

For Visual Learners works better than the wordy definition

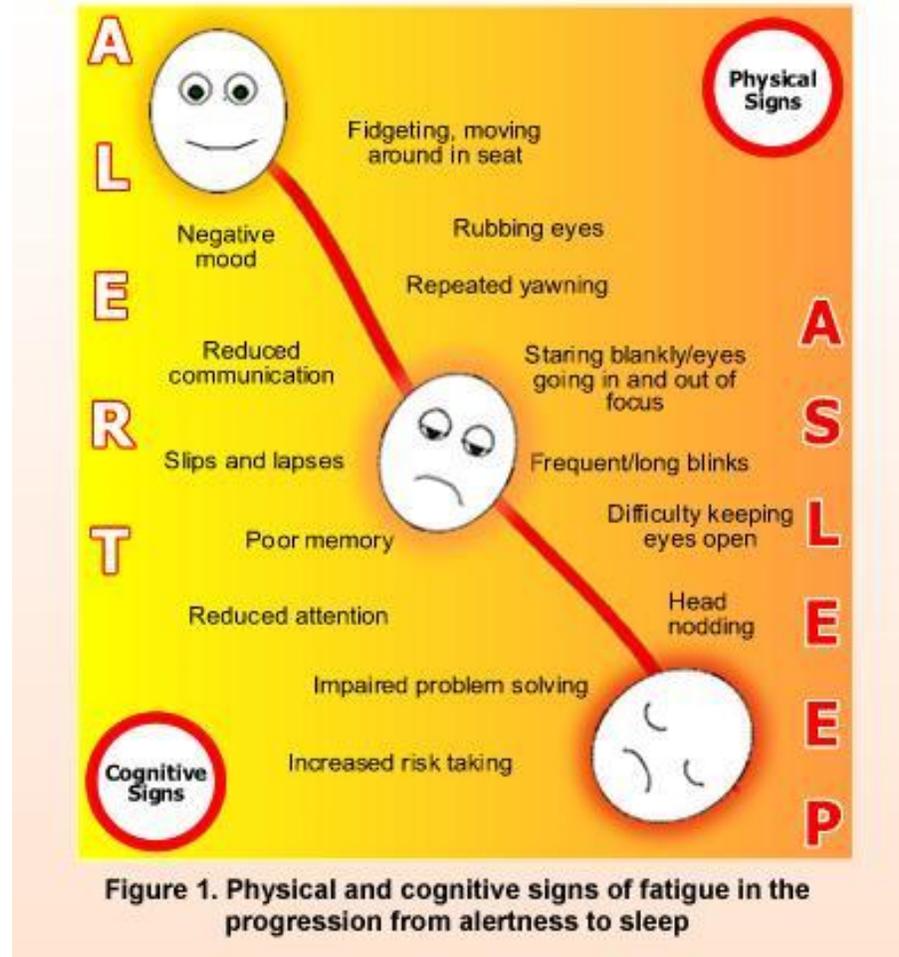


Figure 1. Physical and cognitive signs of fatigue in the progression from alertness to sleep



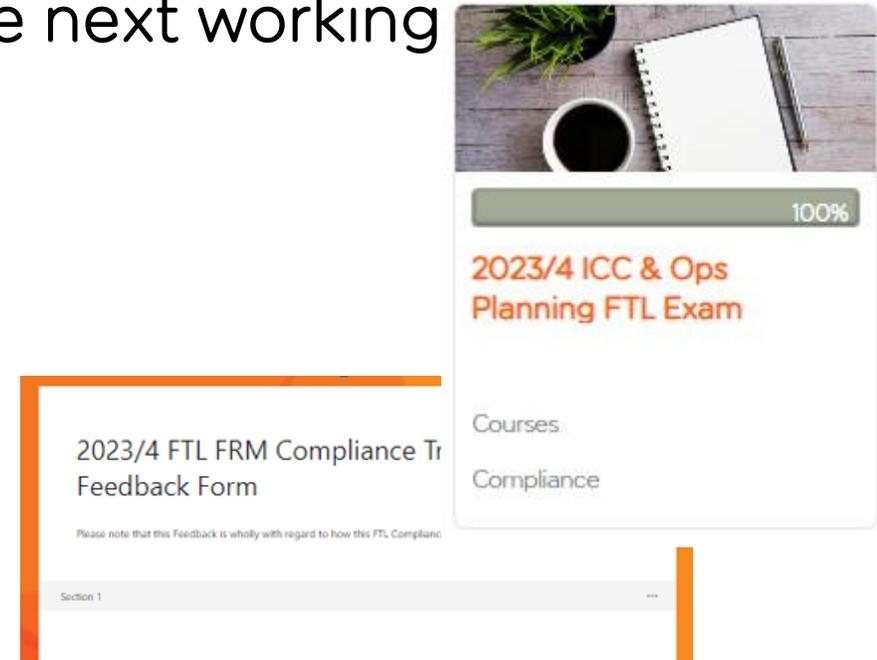
# FRMS STAFF

- > New staff complete a 4-day face to face Flight Time Limitations (FTL) and Fatigue Risk Management (FRM) course as new Integrated Control Centre (ICC) and Ops Planning Staff attend and complete. Online knowledge check as assessment method
- > Shadowing of existing colleagues until signed off
- > Check and sign process for briefing documents
- > Complete Fatigue Awareness Countermeasures Training (FACT) biennially, inhouse computer-based training which allows the learner to choose their own story
- > Participate in annual refresher face to face ahead of the ICC and Ops Planning Team refreshers, then online knowledge confirmation
- > Calendar of Safety, Security and Compliance events over the year



# NEW CREWING/OPS PLANNING STAFF

- > Receive 4-day course with a member of FRMS Compliance and Training Department, online knowledge check as assessment method
- > Receive an annual refresher comprising a whole day of face-to-face training followed by an online knowledge check as assessment method (question bank of more than 100 questions). Must be completed within 3 months of expiry or before next working
- > Management complete training but, if not working on live crew rosters, don't need the knowledge check
- > Collect online feedback and have a KPI > 4/5, enabling us to continuously develop and improve



# NEW CREW

- > Before operating, all crew will complete FACT
- > Crew also receive either a 90 mins presentation (flight crew) with a member of FRMS Compliance and Training (followed by a multiple choice quiz as assessment method), or a film followed by live Q and A (cabin crew). Script and filming was also developed within the team
- > We also train crew when transferring between AOC's
- > If for some reason training is missed i.e through sickness, then operational duties must not be undertaken until fully trained



# CREW PROMOTIONS

- > On promotion from First Officer to Captain command e-learning module contains the two modules below
- > Crew promotion from Flight Attendant to Cabin Manager, crew receive a 90 mins presentation from a member of FRMS Compliance and Training Team
- > A couple of examples of resources available on the online learning academy



# BRIEFING DOCUMENTS

- > Briefing documents are available through DocuNet, published twice a year at the end of each season, questions in crew refreshers
- > FACT is also available to revisit on our Online Learning Academy (OLA)
- > Aide Memoire of FACT on DocuNet
- > Our Fatigue Report Form Policy is available on DocuNet
- > We publish articles in Crew newsletters and Crosscheck internal safety magazine



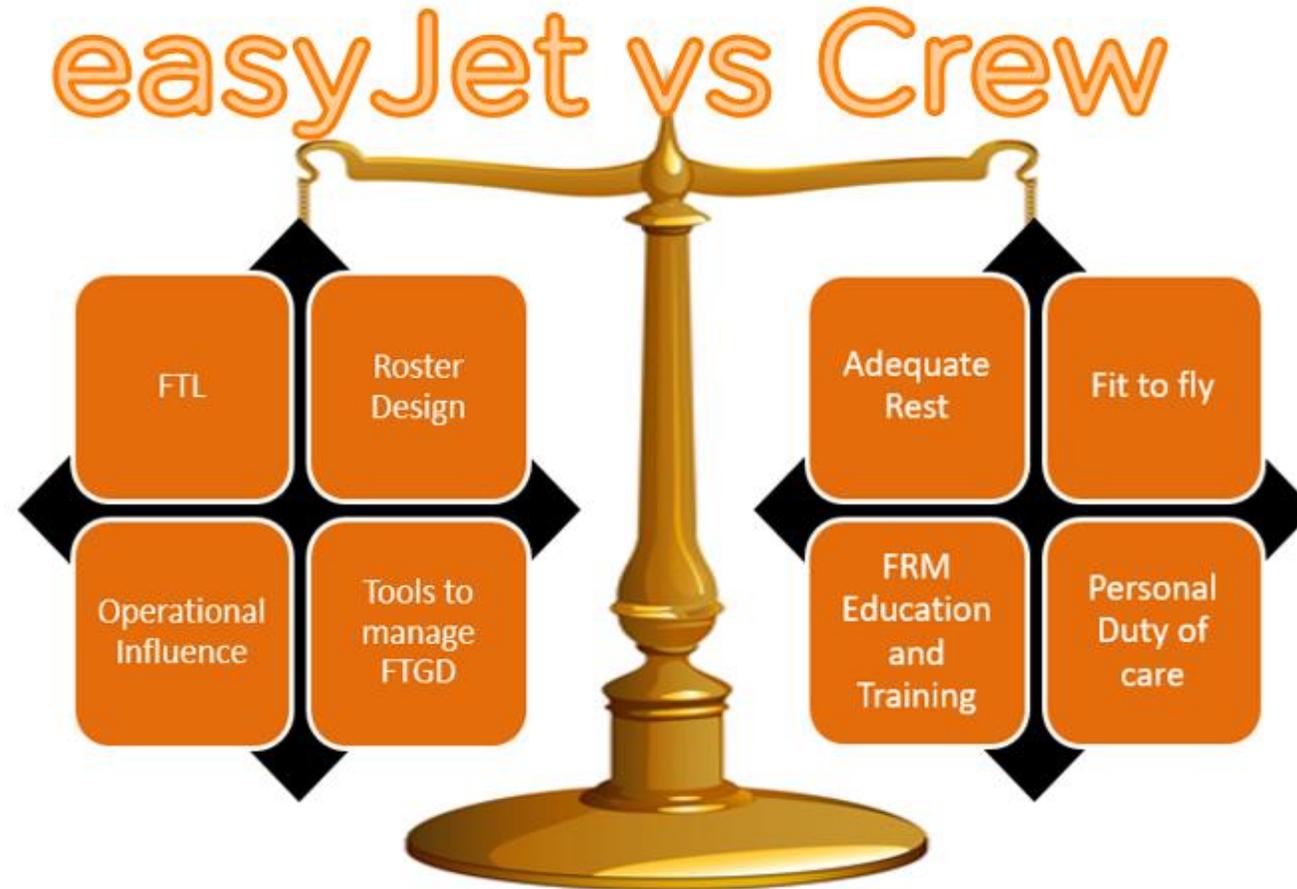
The screenshot shows the DocuNet library interface. At the top, there's a navigation bar with the DocuNet logo and 'DocuNet Library - EZY'. Below that, there's a search bar labeled 'Filter Document Titles'. The main content area displays a list of documents under the heading 'Documents'. The list includes:

- Flight Operations Procedures Manuals
- Safety Security and Compliance Procedures Manuals
- Management System Manual - UK AOC (Revision: 16-Oct-2023)
- Management System Manual - Austrian AOC (Revision: 16-Oct-2023)
- Fatigue Risk Management System (FRMS) Manual – UK & Austrian AOC (Revision: 01-Jul-2023)
- Fatigue Report Form (FRF) Policy (Revision: 01-Sep-2018)
- FACT Aide-Mémoire (Revision: 03-Jun-2019)
- FRM Briefing Oct 2023 - Mar 2024 - The Work of the FRMS FD Liaison Officer
- FRM Briefing Document Library



# SHARED RESPONSIBILITY

> This demonstrates the balance of responsibility between easyJet and Crew



# SHAREPOINT – ADDITIONAL RESOURCES

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E mail crew after meeting them to give them our group e mail and access to our online Document library.

Available for interpretation and queries Mon-Fri

One source of truth



# ENABLING PRODUCTION AND PROTECTION IN HARMONY



**SAFETY, SECURITY & COMPLIANCE**

**easyJet**