

Stress Fatigue Management



Course aim

The course is aimed at operational and supervisory staff within ATM. It enables participants to recognize, understand and cope with stress and fatigue, both in their workplace and outside of it.

After completing this course, the participants:

- Understand how to prevent and manage stress.
- Understand how to prevent and manage fatigue.

Course structure

The course is 2 days in duration and consists of role plays and discussions.

Content in brief

The course covers topics such as, but not limited to:

- Definition of stress.
- Identifying the onset of stress and how it affects work.
- Symptoms and effects of stress.
- Eustress and distress.
- Stress vs. performance.
- Identifying one's own stress levels.
- Identifying behaviour or activities which can help mitigate the effects of stress.
- Stress cases.
- The effects of stress on students.
- Definition of fatigue.
- Circadian cycle.
- The effects of rhythm disruption and sleep deprivation.
- Identifying the onset of fatigue and how it can affect one's work.
- Identifying behaviour or activities which can help mitigate the effects of fatigue.
- Fatigue Risk Management Systems.
- The process that results in good decision making.
- Fatigue cases.

Prerequisites

- Background as an ATCO, ATS operator, or equivalent.