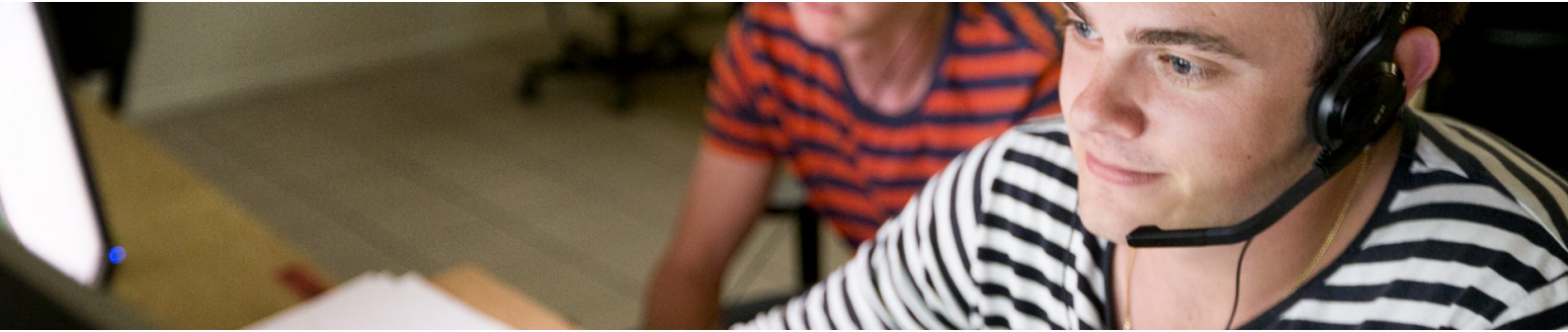


STRESS FATIGUE MANAGEMENT



Course aim

The course is aimed at operational and supervisory staff within ATM. The aim of the course is to enable participants through theory lessons, practice and discussions to understand the key factors leading to stress and fatigue, to recognise and evaluate the impact and develop prevention and coping strategies.

Course objectives

After completion of the course, the student/participants have:

- Understanding of how stress and fatigue function and affect us
- Skills to prevent and manage stress and fatigue at an individual and team level
- Basic knowledge of Fatigue Risk Management Systems, FRMS

Course overview

The course is conducted as a combination of theory lessons, facilitation, discussions and exercises.

Prerequisites

There are no prerequisites for this course.

Content in brief

STRESS module: The science behind stress. Description of the causes, symptoms and effects of stress. Description of ways to prevent stress. Introduction of stress management techniques which can be used on a daily basis.

FATIGUE module: Sleep science. Description of the causes, symptoms and effects of fatigue. Description of ways to prevent and manage fatigue. Description of Fatigue Risk Management Systems, FRMS.

The course is designed as a 2-day course.