

Managing Fatigue is More Than Just Compliance

Captain Nick Trowsdale
BALPA

Sustainable Rosters

- Roster the Individual not the Individual Duty.
- To date, use of Fatigue Risk Management Systems has shown the need to work with the body's circadian rhythm.
- There is a need to build on this even further and build in protections to promote sustainability in the long term.

Cumulative Fatigue

- Too often underestimated
- Legal limits have become targets
- Unrealistic combinations of flights forcing regular use of Discretion
- Rest periods under threat, often disturbed or shortened
- It's legal does not mitigate the operators need to manage fatigue risk

The Future

- There needs to be a proactive joint approach
- Short term use of measuring fatigue risk needs to be balanced with a longer term view
- Continuous monitoring and review needed in the face of changing commercial aviation.