

This is to confirm that the

“Fatigue Management Training“

provided by infoWERK Medien & Technik GmbH, setup on the LMS Training Portal is in compliance with **AMC1 ORO.FTL.250**.

Training subjects shall include but are not limited to the following:

- Applicable regulatory requirements for flight, duty and rest
- The basics of fatigue including sleep fundamentals and the effects of disturbing the circadian rhythms
- The causes of fatigue, including medical conditions that may lead to fatigue
- The effect of fatigue on performance
- Fatigue countermeasures
- The influence of lifestyle, including nutrition, exercise, and family life, on fatigue
- Familiarity with sleep disorders and their possible treatments
- The effects of heavy short-range schedules on individuals (if applicable)
- The effect of operating through and within multiple time zones (if applicable)
- The crew member responsibility for ensuring adequate rest and fitness for flight duty
- Optimum use of sleep before night duties or late finish duties, and in-flight rest

All requirements and updates are documented in infoWERK's internal Quality Management System.

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