

Stress and Fatigue Management



Fabrice DROGOUL

Lunch and coffee are not provided by EUROCONTROL and shall be covered at the participants' expenses

DAY/TIME	09:00	1000	1300		16:30
Day 1		Course Introduction & Fatigue key definitions	Rhythm Disruption and sleep deprivation consequences Fatigue awareness and safety		Fatigue Risk Management System
Day 2	Guidelines for fatigue management	Fatigue Case study	STRESS introduction and key definitions	STRESS Biological and cognitive reactions	
Day 3	Stress prevention and management	Case studies on STRESS	Course Closure and exam	Close 14:00	