

READ and DO

10 TIPS FOR FATIGUE MANAGEMENT

1 REST BEFORE THE FLIGHT

Take advantage of the night and the drowsiness after eating to sleep. Avoid the phone for at least an hour before your flight: your eyes are particularly sensitive to blue light. Consciously monitor your alertness and stress levels and those of your crew. And if you feel unfit to fly, call off duty and **report** your situation.



2 CONDUCT A GOOD BRIEFING

Encourage your colleagues to be assertive, also with regard to flight readiness. Ask about their rosters and rest periods. Are we all fit to fly? A good briefing of the entire crew is essential. Remember: **safety** is everyone's business.



3 THINK ABOUT CONTINGENCIES

Not everything always goes according to plan. You're rested for your planned flight, but what about a 3-hour delay? Plan your rest for the worst: a **delay** or a change that takes you to the maximum possible activity for the day. **Don't accept** changes you can't handle.



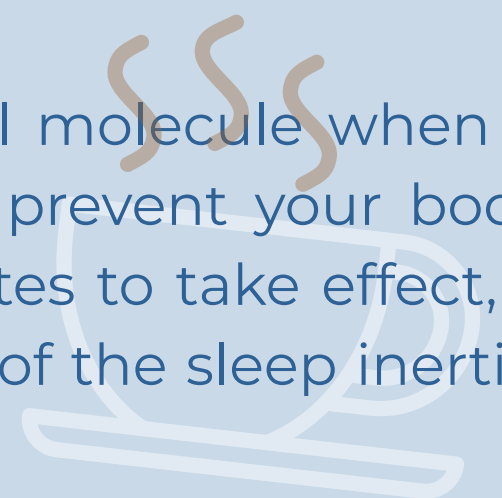
4 USE THE MITIGATIONS AVAILABLE TO YOU

Exposure to the sunlight during the day can help control your **melatonin** levels. But if you have to sleep during the day, avoid the sun just before, and use sunglasses to trick the retina.



5 DRINK COFFEE MINDFULLY

Coffee blocks **adenosine**, the second most influential molecule when it comes to your ability to sleep. Drink it mindfully, to prevent your body from getting used to it. Since it takes about 30 minutes to take effect, if you take it before a short nap, it will help you get out of the sleep inertia. Avoid it 5 to 6 hours before a long period of sleep.





BE SMART ABOUT YOUR DIET

Avoid overly heavy foods such as fried foods, sausages and fatty meats. Instead, try eating rice, vegetables, chicken, eggs and fruit. Stay hydrated: **drinking water** helps mitigate fatigue. Your brain's performance depends on it.



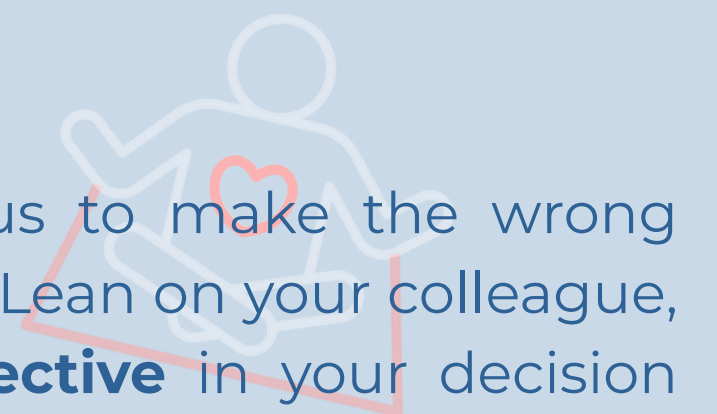
FOLLOW STANDARD OPERATING PROCEDURES

In stressful situations, resist the **temptation to improvise** or skip established steps. Following procedures will help you delay fatigue and maintain safety conditions. Do not feel obliged to compensate for operational failures or impose unnecessary pressure on yourself or your crew. Remember: take-off is optional; landing is mandatory.



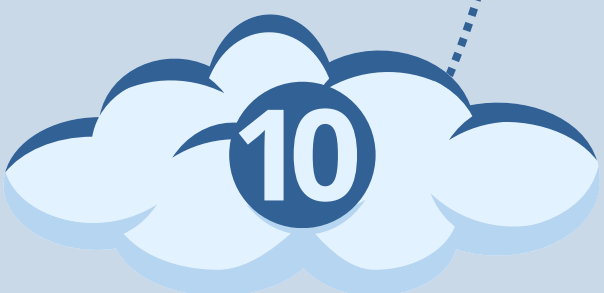
STAY CALM & DON'T RUSH

Acute fatigue after a long day's flying can lead us to make the wrong decisions. In these cases, being calm is our best ally. Lean on your colleague, question your own judgement and try to **be objective** in your decision making.



EXCEPTIONAL USE OF COMMANDER'S DISCRETION

The FTL regulation allows the commander to reduce the duty period or extend rest if deemed necessary. **Assess** your own and your crew's physical condition before applying discretion. Take their opinion into account, involve them in the decision: their fatigue also influences your operation of the aircraft. Safety first!



UNREPORTED EVENTS HAVE NOT HAPPENED

If you experience dizziness, slowness of reaction, drowsiness or loss of coordination, these may be symptoms of **acute fatigue**. If your sleep is not restful, you notice poor memory, mood swings or exhaustion, you may have **accumulated fatigue**. In these cases, please make a report so that this is known and the system can be changed. Remember that the report is anonymous. Send it through the official or confidential channel. Trust your company's just culture.



**FATIGUE IS A SILENT THREAT,
IT NEEDS TO BE MADE VISIBLE TO MINIMISE ITS RISKS**

FOR YOU. FOR EVERYONE'S SAFETY