

# Continuing Professional Development Certificate

## The hazard of pilot fatigue

**Date:** Thursday 22 February 2018

**Time:** 1.15pm - 2.00pm

**Speaker:**

Dr Rob Hunter, Head of Flight Safety, British Airline Pilots Association

In this IIL Lecture Dr Rob Hunter outlined and discussed how pilot fatigue is managed and how it might be better managed. In his presentation, Rob explained that following an accident it was too easy to focus on the pilots' failings rather than the fatigue that has facilitated the failing. In his presentation, Rob examined fatigue. What is it? What were its causes; lack of sleep, body clock, workload, medical conditions, psychological stress and genetic make-up. The special problems of shift work and early starts. Rob also looked at the effects of fatigue. How fatigue is measured and how it was estimated for groups of employees using bio-mathematical models. How it was regulated. The tensions between safety and productivity. How tired was too tired?

**By the end of this lecture, members would have gained an insight into:**

- You should be able to answer the question: What is fatigue?
- You should know how to go about getting an understanding of the total hazard of fatigue in an individual or a population of interest, e.g. A group of employees that you are responsible for, an operation that you are insuring, etc



This lecture or podcast can be included as part of your CPD requirement should you consider it relevant to your professional development needs. It is recommended that you keep any evidence of the CPD activity you have completed and upload copies to the recording tool as the CII may ask to see this if your record is selected for review.