

## Managing Fatigue Training Workshops

This is some of the feedback from participants on our Managing Fatigue Training Workshops:

### *Strengths of the Workshop*

#### **Increased awareness / understanding**

It enabled me to identify the causes of fatigue and treatments for it - *HR/Training*

It gave me a better understanding of why I react the way I do after a long day at work - *Flight Operations*

I am now more aware of how to recognise that I am fatigued - *Cabin Services*

I am better equipped to deal with fatigue - able to recognise when I am fatigued and things to do to avoid it and manage my stress - *Cabin Services*

The training made us more aware of what could happen when being fatigued - *Traffic*

I am more informed, therefore will make informed decisions - *Cabin Crew*

The workshop provided awareness and added knowledge to measures that can be taken to manage fatigue - *Flight Crew*

#### **Presentation / instructor**

The instructor was very clear with her message, and used great tools to help us understand - *Flight Operations*

Very well presented: concise and relevant - *Flight Operations*

Thorough course information and good knowledge from trainer - *Flight Crew*

Trainer is very well versed in the delivery of training for fatigue management. Well done. Relevant to work! - *Cabin Services*

Very interesting presentation, well-spoken instructor and enjoyable course - *Cabin Services*

#### **Use of tools / data / written materials**

The workshop was highly informative and professionally presented, with the handout book an absolute plus - *Cabin Crew*

Clear, concise presentation of info and excellent handbook - *Cabin Services*

Clear communication. Videos used and quite funny too! - *Cabin Services*

### **Relevance**

As pilots, fatigue is becoming part of life. From this workshop we know how to manage it properly - *Pilot*

Very relevant to safety and efficiency in my operation / line of work - *Flight Operations*

Very relevant to work and its environment and also to our families - *Cabin Services*

### **Attitude Change**

Implementing this training will assist me to be less moody, and be more aware of how to handle and manage fatigue - *Cabin Services*

I need to modify my attitudes / routines - *Flight Operations*

It will enable me to be more honest about any effects of fatigue and my work - *Flight Operations*

Managing fatigue will help me stop being grumpy and swearing unnecessarily - *Cabin Crew*

The training increased our awareness and pushes us to making positive changes - *Flight Operations*

## *How will the knowledge and skills gained assist you in your position/function?*

### **Improved work performance**

Will allow me to manage night shift - *Engineering*

It will help us manage fatigue and be more productive at work - *Engineering*

It will help my functional performance and my ability to be prepared, especially during a night shift where my alertness levels are very low - *Flight Attendant*

### **Preventing incidents / improving safety**

My goal is to be more proactive in managing fatigue for a safer flight deck environment - *Flight Operations*

It will increase my performance and awareness, and help avoid accidents in the industry - *Flight Operations*

It will help prevent incidents occurring and improve relationships - *Cabin Crew*

Has created great awareness, and will help us to put controls in place - *Flight Operations*

## **Improved relationships**

This training has encouraged me to try and improve my sleeping habits, food selection, water intake, and relationships - *Flight Operations*

This will help me to improve my effectiveness at work and at home. My relationships will be improved by better communication - *Cabin Services*

## **Understanding the importance of sleep**

It will help me to cope with fatigue, especially my dietary intake and understanding of how sleep and rest are very important - *Cabin Services*

It will assist me in improving the quality of my sleep and therefore improve my work productivity - *Cabin Services*

It will help me prepare for work better by teaching me to take sleep more seriously - *Cabin Crew*

## **Better organisation / time management / improved work-life balance**

It will help me prioritise my activities for a better work / life balance - *Cabin Services*

It will assist me in managing my time and balancing work, family and home - *Engineering*

I'm going to try to get more sleep and be more work, family and socially oriented, attaining a better balance in life. Will also improve my health standards by doing more exercise and eating healthier foods - *Flight Operations*

## **Improved health and nutrition**

This helps a lot with the type of food and drink I can consume to help during night shifts - *Engineering*

This training will help me to prepare myself well before a duty in terms of good rest, physical exercise and eating healthy - *Cabin Services*

Will improve my health, as well as have better quality time for family and friends by managing fatigue - *Engineering*

## **Sharing of knowledge / better teamwork**

I will now provide awareness to others at work, home, church and especially family!!! - *Flight Operations*

I'm going to introduce what I've learnt to my team mates - *Engineering*

I'm going to try for better time management and eating habits, and to communicate more and encourage each other - *Cabin Services*

### **Proactive engagement in managing fatigue**

Now I will acknowledge more when fatigue is an issue in my life and in my performance. It has educated me to manage it more proactively - *Traffic*

Going to take full responsibility for my part in minimising fatigue for myself e.g. my diet, exercise and getting enough sleep - *Cabin Crew*

Awareness of fatigue and how to manage it will enable me to be more proactive at work especially when I'm in that state - *Engineering*

Helps me to better organise things both at home and work to achieve management of fatigue at its highest degree - *Cabin Services*

It will definitely help me to manage my fatigue at work. I have learnt some excellent tips to assist me in fatigue management - *Cabin Services*