



Crew Factors in Flight Operations XV: Alertness Management in General Aviation Education Module

NASA Technical Reports Server (NTRS), et al., Mark R. Rosekind



[DOWNLOAD PDF](#)

Crew Factors in Flight Operations XV: Alertness Management in General Aviation Education Module

By Mark R. Rosekind

BiblioGov. Paperback. Book Condition: New. This item is printed on demand. Paperback. 156 pages. Dimensions: 9.7in. x 7.4in. x 0.3in. Regional operations encompass a broad range of pilots and equipment. This module is intended to help all those involved in regional aviation, including pilots, schedulers, dispatchers, maintenance technicians, policy makers, and others, to understand the physiological factors underlying fatigue, how flight operations affect fatigue, and what can be done to counteract fatigue and maximize alertness and performance in their operations. The overall purpose of this module is to promote aviation safety, performance, and productivity. It is intended to meet three specific objectives: (1) to explain the current state of knowledge about the physiological mechanisms underlying fatigue; (2) to demonstrate how this knowledge can be applied to improving flight crew sleep, performance, and alertness; and (3) to offer strategies for alertness management. Aviation Safety Reporting System (ASRS) and National Transportation Safety Board (NISH) reports are used throughout this module to demonstrate that fatigue is a safety issue in the regional operations community. The appendices at the end of this module include the ASRS reports used for the examples contained in this publication, brief introductions to sleep disorders and relaxation techniques, summaries of...



[READ ONLINE](#)

Reviews

This book is definitely worth acquiring. I have gone through and so I am certain that I will likely to read through again again in the future. Its been printed in an exceptionally basic way in fact it is only after I finished reading this publication in which actually altered me, change the way in my opinion.

-- Andres Bashirian

Comprehensive guide for publication fanatics. This really is for all who state there had not been a well worth reading through. I discovered this ebook from my dad and I encouraged this book to find out.

-- Lacy Goldner