FATIGUE MANAGEMENT

OQSG® by PINION®

These courses are designed to meet DOT requirements and explore the dangers of and how to prevent operational fatigue.

FMS001	Sleep Basics - Fatigue Management Series	This course provides Control Room personnel with basic information on the physiological and behavioral effects of fatigue.
FMS002	Operational Fatigue Risk Factors - Fatigue Management Series	This course provides Control Room personnel with information on the dangers of operational fatigue and steps that can be taken to prevent it.
FMS004	Fatigue Countermeasure Review - Fatigue Management Series	This course provides Control Room personnel with information on fatigue countermeasures that work and some that are being researched, require supervision, or are ineffective. When combined with other courses in the Fatigue Management Series, these courses provide information on sleep basics, the dangers of operational fatigue and steps to prevent it, and management program components.
FMS005	Fatigue Management Program Components - Fatigue Management Series	This course provides information on components of a Fatigue Management Program as well as periodic evaluation and refinement of the program.

* Includes Partial Skills Assessments