

## **FLIGHT ATTENDANT FATIGUE COUNTERMEASURES TRAINING AND BENEFITS**

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**Introduction:** Today's aviation industry is a 24/7 operation that often produces acute sleep loss, sustained periods of wakefulness, and circadian disruptions, resulting in fatigue and fatigue-related mishaps. The strategic control and management of fatigue is necessary for safety improvement throughout the industry. Employee education and fatigue countermeasure training programs may be critical elements for success. This presentation outlines recommendations regarding fatigue countermeasures training and the potential benefits for flight attendant operations. **Method:** The authors collected 49 fatigue countermeasures training programs from multiple industries including aviation, railroad, water transport, mining, and trucking. A content analysis resulted in a frequency table of the topics included in these training programs. A literature review highlighted flight attendants' specific fatigue issues and identified the known benefits of existing fatigue training programs. **Results:** Not all fatigue-related factors were included with the same degree of frequency across programs. All topic areas were present in at least eight of the 49 training programs and eventually included in recommendations for a comprehensive fatigue countermeasures training program. The literature review provided evidence indicating that fatigue countermeasure training programs can be effective and useful to both individuals and organizations. **Discussion:** This report makes recommendations for the development and implementation of fatigue countermeasures training programs. The content analysis suggests a number of critical general and aviation-specific fatigue issues. The results of the literature review indicate that a well-developed training program can be an effective tool for improving fatigue management, thus providing substantial benefits to both the individual and the organization.