



RESTED AND READY?

MANAGING FATIGUE RISK
IS EVERYONE'S JOB

Fatigue won't step aside just because you're in a cockpit. It follows you in. It builds through interrupted or shifted sleep intervals, travel, stress, long days, and the demands of life. First, make an honest effort to report for every flight with a reserve of alertness. As a vital second layer, foster and operate in a flying culture that actively monitors fatigue, encourages speaking up about it, and prioritizes safety by adapting plans to support rest and recovery when needed.

- ▶ Manage your reserve of alertness, it's your first preflight preparation.
- ▶ Reporting fatigue is a mature safety decision, not a weakness. Prioritize safe operational solutions.
- ▶ Don't ignore sleep debt. Extra recovery time is necessary after disrupted schedules.
- ▶ Deploy basic fatigue science in your organization. Common knowledge and terms build safe cultures.

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