

APPENDIX 5. PRESCRIPTIVE FATIGUE MANAGEMENT REGULATIONS

(applicable 5 November 2020)

Note.— Guidance on the development and implementation of prescriptive fatigue management regulations is contained in the Manual for the Oversight of Fatigue Management Approaches (Doc 9966).

1. States shall establish prescriptive limitation regulations that take into account acute and cumulative fatigue, circadian factors and the type of work being undertaken. These regulations shall identify:

- a) the maximum:
 - i) number of hours in any duty period;
 - ii) number of consecutive work days;
 - iii) number of hours worked in a defined period; and
 - iv) time-in-position;
- b) the minimum:
 - i) duration of non-duty periods;
 - ii) number of non-duty days required in a defined period; and
 - iii) duration of breaks between periods of time-in-position in a duty period.

2. States shall require that the air traffic services provider identify a process for assigning unscheduled duties that allows air traffic controllers to avoid extended periods of being awake.

3. The processes established by States in accordance with 2.28.3 c) and d) to allow variations from 1 a) and b) above shall include the provision of:

- a) the reason for the need to deviate;
- b) the extent of the deviation;
- c) the date and time of enactment of the deviation; and
- d) a safety case, outlining mitigations, to support the deviation.