

FATIGUE -The Final Frontier

For the average individual, fatigue presents a minor inconvenience resolved with a nap or by stopping whatever activity that brought it on. Typically, there are no significant consequences. However, if that person is involved in a safety-related activity such as piloting an aircraft, the consequences of fatigue can be disastrous. This Seminar will discuss the following: Symptoms and Signs of Fatigue Effects of Fatigue on the Brain and the Body Types of Fatigue Accrual of Fatigue Time and Management Effects of Fatigue on Flight, Decision Making, Memory and Spatial Orientation How to Manage Fatigue through Lifestyle Management

Directions: Toms River Library, Mancini Hall

A message from the National FAASafety Team Manager

Invite a fellow pilot to the next WINGS Safety Seminar in your area.

Sign up for the FAA's safety services at www.FAASafety.gov!

Event Details

Tue, Apr 4, 2017 - 19:00 EST

Toms River Library - Mancini Hall

101 Washington St

Mancini Hall

Toms River, NJ 08753



Contact: PARVEZ DARA

(610) 595-1500

Daraparvez@gmail.com

Select #: EA1774411

Representative PARVEZ DARA

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