

FAASteam Flight Instructor Open Forum

This interactive forum will discuss factors affecting Human Performance - Fatigue, Stress, High Workload, Diet and more. We'll discuss practical information that pilots can use to stay both physically and mentally fit to fly. We'll take a look at techniques for managing stress and fatigue, and see how diet and lifestyle can profoundly influence pilot performance. And, how to improve performance with rest, good nutrition, and exercise.

Finally, we'll look at the elements of Effective Communication - message senders, message receivers, delivery method, and message content. We'll emphasize "Aviation English" and "Thinking Before You Speak." We'll conclude with a look at "Multi Tasking."

Take Exit 205B off of I-26.

Enter Charleston Southern University and turn right on Charleston Southern University Blvd.

See attachment for direction to the Nursing Auditorium

Event Details

Sat, Mar 16, 2024 at 08:30 EDT
Charleston Southern University
9200 University Blvd
College of Nursing Auditorium
Charleston, SC



Contact: James CLINE
(803) 451-2661
james.l.cline@faa.gov
Select #: SO13126666
FPM James CLINE n/a

A message from the National FAASTeam Manager

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