



Federal Aviation
Administration

Alaska Accidents & Fatigue

Provided by
Aerospace Medical Education Division, AAM-400

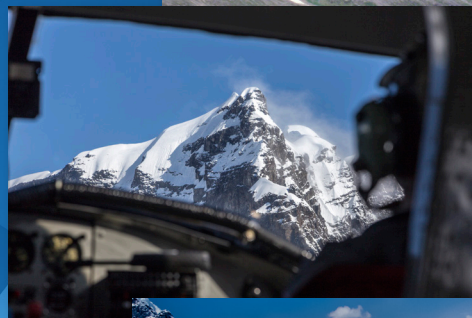
To see our YouTube video on
Fatigue and Flying in Alaska, go to
<https://www.youtube.com/watch?v=UACJIE829Rk>

To obtain copies of this brochure online:
<http://www.faa.gov/pilots/safety/pilotsafetybrochures/>



or contact:

Federal Aviation Administration
Aviation Safety
Civil Aerospace Medical Institute
AAM-400
P.O. Box 25082
Oklahoma City, OK 73125
(405) 954-4831

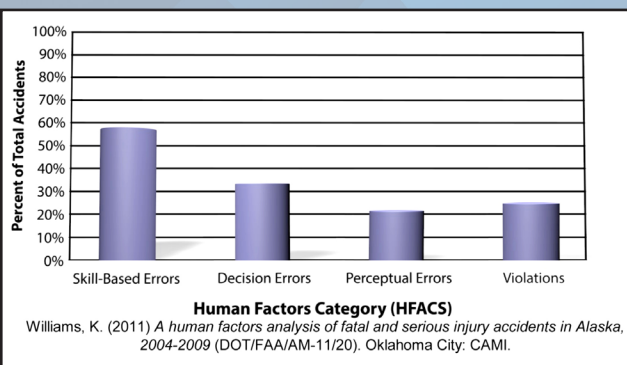


Why is fatigue so dangerous for pilots in Alaska?



Alaska is known for its varied and rugged landscape. Along with temperamental weather and extremely long summer days, Alaskan aviation represents some of the most difficult flying in the U.S., if not the world.

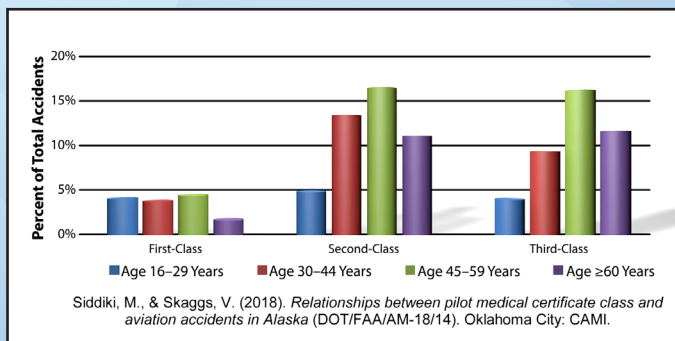
Research conducted by the Civil Aerospace Medical Institute (CAMI) has shown that increasing levels of fatigue can manifest in increased skill-based, decision-based, and perceptual errors. Combined with the rugged conditions, fatigue puts Alaskan pilots at even greater risk.



In another CAMI study, pilots 45-59 years of age with a third-class medical certificate were at significantly increased odds of having an accident compared to other age groups. This same age group tends to be at a higher risk of developing obstructive sleep apnea, which can also contribute significantly to pilot fatigue.

So how should Alaskan pilots avoid fatigue-related errors?

Pilots should strive for 8 hours of sleep per day, even when it's still light outside, use caffeine strategically to enhance performance, take short 10-to-20-minute naps before or after flights, and discuss any sleep problems with a physician.



For more information, contact your FAA Team representative:

<http://www.faasafety.gov>

Post Crash Survival Training for Pilots

What you will learn: basic knowledge and skills for coping with common survival scenarios and hands-on practice on how to assemble and use a personal survival kit. If you are interested in taking a one-day survival course at the Civil Aeromedical Institute in Oklahoma City, you can sign up here:

<https://www.faa.gov/go/survival>

