



Crew Factors in Flight Operations XIV:
Alertness Management in Regional
Flight Operations Education Module

NASA Technical Reports Server
(NTRS), et al., Mark R. Rosekind

DOWNLOAD



Crew Factors in Flight Operations XIV: Alertness Management in Regional Flight Operations Education Module

By Mark R. Rosekind

BiblioGov. Paperback. Book Condition: New. This item is printed on demand. Paperback. 138 pages. Dimensions: 9.7in. x 7.4in. x 0.3in. Regional operations encompass a broad range of pilots and equipment. This module is intended to help all those involved in regional aviation, including pilots, schedulers, dispatchers, maintenance technicians, policy makers, and others, to understand the physiological factors underlying fatigue, how flight operations affect fatigue, and what can be done to counteract fatigue and maximize alertness and performance in their operations. The overall purpose of this module is to promote aviation safety, performance, and productivity. It is intended to meet three specific objectives: (1) to explain the current state of knowledge about the physiological mechanisms underlying fatigue; (2) to demonstrate how this knowledge can be applied to improving flight crew sleep, performance, and alertness; and (3) to offer strategies for alertness management. Aviation Safety Reporting System (ASRS) and National Transportation Safety Board (NISH) reports are used throughout this module to demonstrate that fatigue is a safety issue in the regional operations community. The appendices at the end of this module include the ASRS reports used for the examples contained in this publication, brief introductions to sleep disorders and relaxation techniques, summaries of...



READ ONLINE

Reviews

This book will never be straightforward to start on reading through but quite enjoyable to learn. Better then never, though i am quite late in start reading this one. Your lifestyle span will probably be convert once you complete reading this publication.

-- Dr. Kadin Hane DVM

This publication may be worth purchasing, it was actually written quite flawlessly and valuable. I am just happy to tell you that this is actually the very best book i actually have study inside my personal life and can be the best ebook for actually.

-- Frank Nienow

Other Books



[The Whale Tells His Side of the Story Hey God, Ive Got Some Guy Named Jonah in My Stomach and I Think Im Gonna Throw Up](#)

B&H Kids. Hardcover. Book Condition: New. Cory Jones (illustrator). Hardcover. 32 pages. Dimensions: 9.1in. x 7.2in. x 0.3in.Oh sure, well all heard the story of Jonah and the Whale a hundred times. But have we heard it from the perspective of the...



[Animalogy: Animal Analogies](#)

Sylvan Dell Publishing. Paperback. Book Condition: New. Cathy Morrison (illustrator). Paperback. 32 pages. Dimensions: 9.8in. x 8.4in. x 0.4in.Compare and contrast different animals through predictable, rhyming analogies. Find the similarities between even the most incompatible animals ... bat is to...



[The Mystery at Motown Carole Marsh Mysteries](#)

Carole Marsh Mysteries. Paperback. Book Condition: New. Randolyn Friedlander (illustrator). Paperback. 32 pages. Dimensions: 11.1in. x 8.7in. x 0.0in.When you purchase the Library Bound mystery you will receive FREE online eBook access! Carole Marsh Mystery Online eBooks are an easy, effective, and...



[Good Night, Zombie Scary Tales](#)

Feiwel & Friends. Paperback. Book Condition: New. Iacopo Bruno (illustrator). Paperback. 112 pages. Dimensions: 8.2in. x 5.4in. x 0.2in.Welcome. Have a seat. Ignore the shambling undead outside. Let us tell you a story. But be warned. Good Night, Zombie isnt just any...



[God Loves You. Chester Blue](#)

Henry and George Press. Paperback. Book Condition: New. Ursula Andrejczuk (illustrator). Paperback. 140 pages. Dimensions: 8.0in. x 5.2in. x 0.3in.BEAUTIFUL NEW ILLUSTRATIONS BRING THE STORY TO LIFE!A charming book about a mysterious bear that shows up in the right place at just...



[Kindle Fire Tips And Tricks How To Unlock The True Power Inside Your Kindle Fire](#)

CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 52 pages. Dimensions: 9.0in. x 6.0in. x 0.1in.Still finding it getting your way around your Kindle Fire Wish you had the answers to all your frequently asked...
