

FATIGUE IN AVIATION

KNOW THE FACTS



Sleep:

- Plays a vital role in memory, performance, and learning
- Helps maintain alertness and improve your overall mood, health, and well-being
- Provides an opportunity for your mind and body to restore, balance, and repair itself

1

20% of the major aviation accidents between 2001 and 2012 were attributed to fatigue.

2

4% of reported United States Air Force mishaps were fatigue-related, resulting in 32 fatalities and costing more than \$2 billion.

3

66-81% of commercial airline pilots have reported in-flight fatigue.

4

94% of United States Air Force pilots and navigators have experienced performance-degrading effects of fatigue.

5

Sleep disruption increases a pilot's risk of cardiometabolic issues like heart disease, obesity, and diabetes.

6

Over 70% of corporate pilots report experiencing a micro-sleep episode during flight.

7

High levels of fatigue and sleep disturbance have been shown to be the leading cause of higher rates of depression and anxiety in pilots.

8

Fatigue countermeasures improve an airline's return on investment by reducing damage and worker injuries.

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