

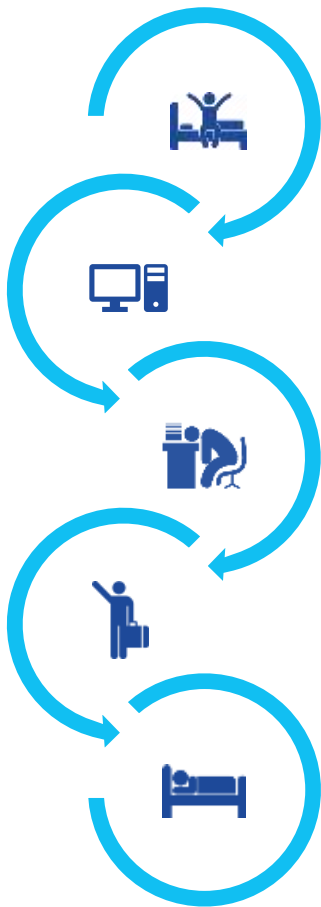
EASA ACTO Fatigue Study

Quick Reference Card



A research study on the impact analysis, prevention, and management of ATCOs fatigue in the European Union

Collecting ATCO data on fatigue causes and impacts:



After waking up

Fill in the sleep/wake log using the web-based app



When starting your duty

Add the activity using the web-based app



When taking a break

Rate your fatigue of the previous working session
Add naps and events



When finishing your duty

Rate your fatigue using the web-based app



When going to sleep

Fill in the sleep/wake log using the web-based app



Conform to GDPR



<https://atcofatigue.nlr.nl>



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- ✓ Entirely secure
- ✓ De-identified data