



E A S A

A T C O F A T I G U E S T U D Y

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2023

# BACKGROUND OF THE STUDY

*In December 2022, EASA commissioned a research study on the impact analysis, prevention, and management of ATCOs fatigue in the European Union.*

*The study, lead by NLR and Welbees, is conducted in a scientific and objective manner, supported by data collection and various research methods.*



## **The study will achieve the following 3 tasks:**

1

An evaluation of EU regulations imposing specific requirements linked to ATCOs stress, fatigue and rostering systems of Air Traffic Service Providers (ATSPs) as part of their safety management systems

2

Scientific research and data collection on ATCO fatigue causes and impacts through fatigue science methodologies

3

An assessment of the possible impact of the introduction of new technologies on the ATCOs' workload and fatigue

# RELEVANCE TO YOUR AIR TRAFFIC SERVICE PROVIDER

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## The Study and its Results



Involve regulations regarding all ATSPs in Europe and thus **all European ATCOs**



Contribute to fatigue mitigations to maintain safety standards



Allow to provide recommendations to better manage fatigue risk

## YOUR ROLE IN THE DATA COLLECTION STUDY

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*For this subjective data collection campaign, please provide data regarding profile, duration and quality of sleep, and fatigue level*

Fill out the **profile questionnaire** once at the start of the study (this takes up to 10 minutes)



Every day, fill out your data in the **web-app** (this takes a few minutes)

Collect your data for (at least) **10 days** in a row



**It is important to complete the app every day to allow meaningful analysis of the cumulative fatigue that builds up over consecutive days**

All the collected data is processed anonymously and remains confidential

# SUBJECTIVE DATA COLLECTION

## Data collection on fatigue & sleep

Use the web-app for at least 10 consecutive days. Activities to report are:



### Sleep

- Type (main, nap)
- Location of sleep
- Quality



### Stand-by duty



### Work session

- Duty & break times
- Workload
- Fatigue level
- Encountered factors



### Non-operational duty

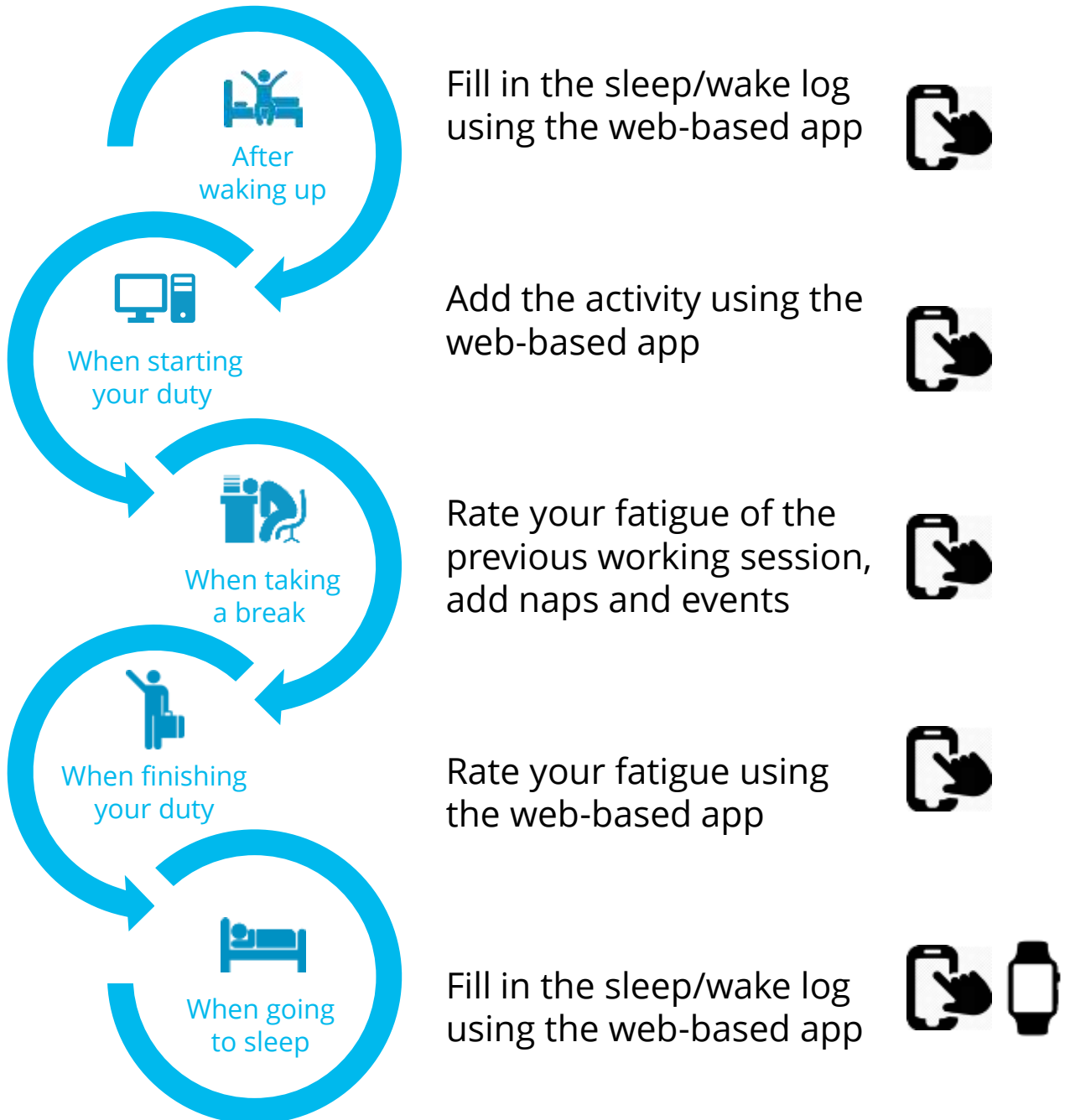
- Training, office, medical checks, simulator, etc.



***Check out  
the app's  
tutorial on  
the website  
of the study***

## MEASUREMENT PERIODS

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# DATA PROTECTION & CONFIDENTIALITY

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*Welbees protects your data and guarantees that all your information will be subject to strict confidentiality.*

*No individual data will be shared with your organisation. We analyse data at the company level, considering data from all participants.*

*Please read our Privacy Policy for further information:*

<https://www.welbees.com/privacy-policy>



Confidentiality  
of all data



Analysis of aggregated  
data at the company level



Encrypted  
connection



Secured  
storage of data

- ✓ De-identified data
- ✓ GDPR Compliant
- ✓ Fully secured



Q U E S T I O N S ?

DO NOT HESITATE TO CONTACT US



<https://atcofatigue.nlr.nl>



[easa.atco.fatigue2023@welbees.com](mailto:easa.atco.fatigue2023@welbees.com)