



Actions Following the Publication of the Flight Safety Foundation Controlled Rest Paper

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JOHNNIE
WALKER

PIRELLI

PIRELLI

Emirates

Heineken

Hamilton

Bottas

SÃO PAULO

1

PETRONAS

PETRONAS



The Hong Kong Civil Aviation Department (HKCAD)

The HKCAD permits the use of controlled rest:

“Controlled Rest” is one of the effective countermeasures used in response to (such) unanticipated fatigue during operation.



A330, A350, B777 Pax
services

B747 Freighter services

Short, medium, long &
ultra-long haul

Crew based worldwide

A320 & A330 Pax
services

Short & medium haul,
mainly in China

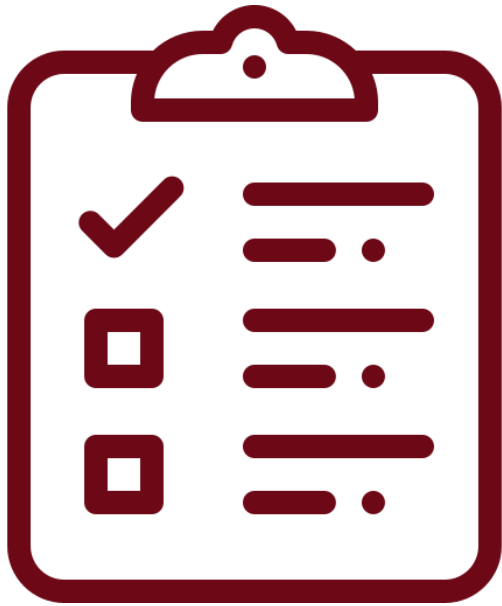
Crew based in HKG



Both airlines have
a controlled rest
procedure.



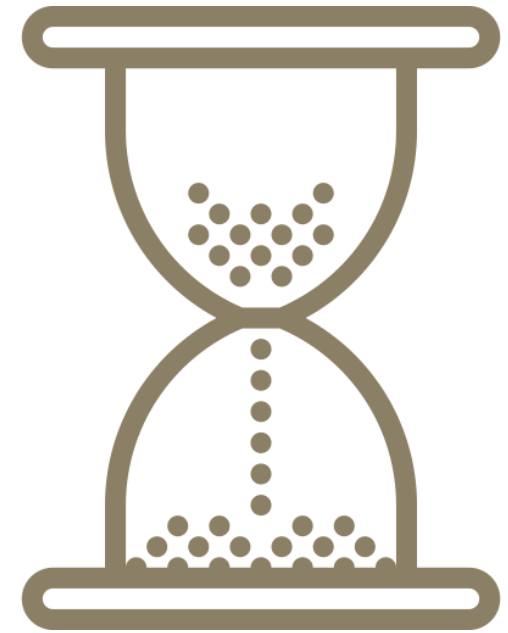
2018 CONTROLLED REST SCHEDULE



5 mins



40 mins



15 mins

One of the purposes:

*“assist operators
with an existing
CR procedure in
reviewing and improving
the procedure”*

Controlled Rest on the Flight Deck: A resource for operators

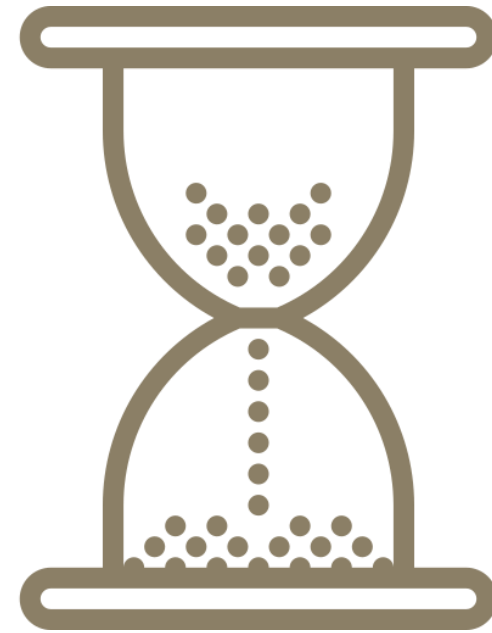
FATIGUE COUNTERMEASURES WORKING GROUP



CONTROLLED REST PAPER ADVICE

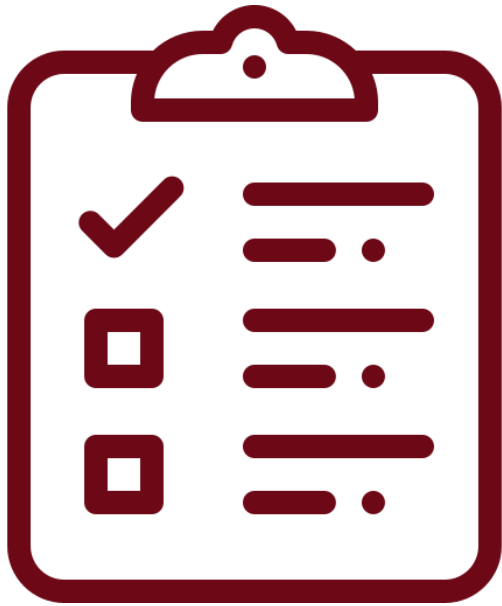


30 to 45 mins



At least 20 mins

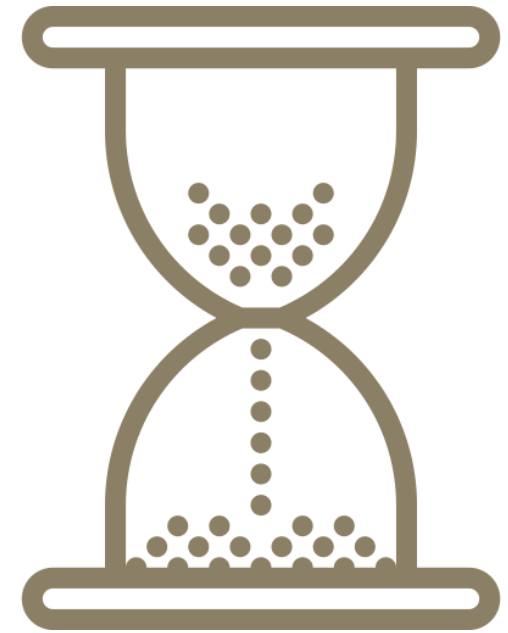
NEW CONTROLLED REST SCHEDULE



5 mins



30 mins



20 mins

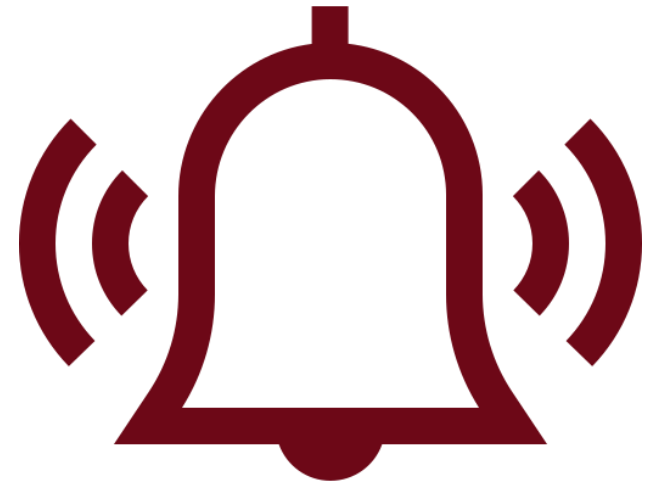
SAFEGUARDS



Cabin crew



ACARS



Alarm

25 min check

45 min check



35 min check





45 min check



35 min check



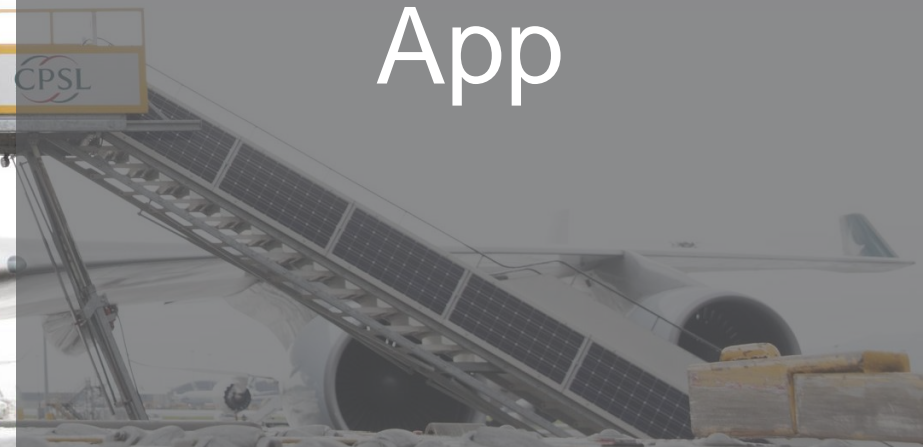
Alarms permitted

CPSL



35 minute alarm
required

Key feature of the
Controlled Rest
App



SPEAKER VOLUME



Speakers mute

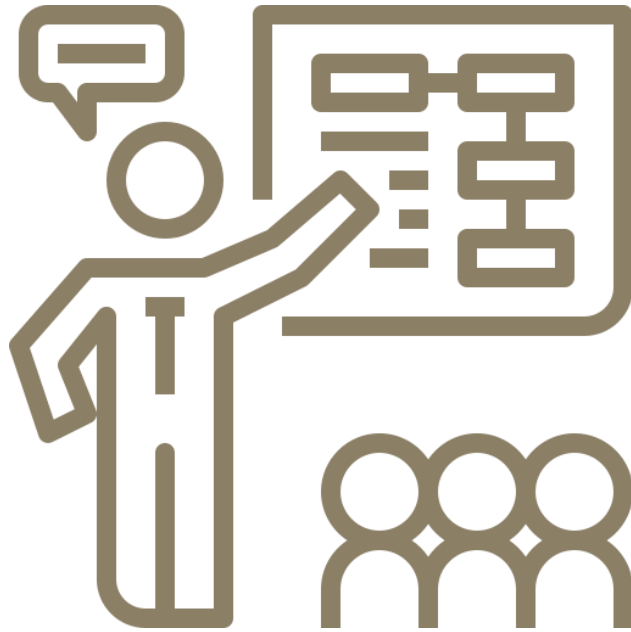


Added to App

CONTROLLED REST REPORTING



Report



Training

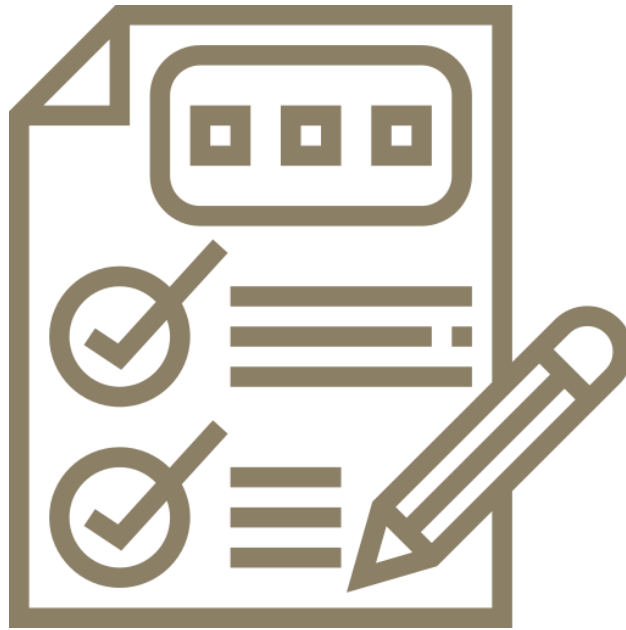


Trigger Action

CONTROLLED REST REPORTING



ASR-F



Simplified



CR Report



Flight and cabin
crew informed

Notice/Bulletin

Manuals

Online Learning

Classroom training

Checklist for flight
crew

Alarm

Controlled Rest
App available on
iPad



CONTROLLED REST APP

[< Home](#)[Controlled Rest](#)

i

Preconditions

Jump seat unoccupied

☐

Flight time greater than 2h30min

☐

TOC to TOD-20min greater than 55min

☐

55min available of low workload in cruise

☐

Non-Resting Pilot can remain in seat for 55min


☐

PIC authorises Controlled Rest

☐

CONTROLLED REST APP

[← Home](#) **Controlled Rest**



Preparation

Both

Formal hand over of duties ☒

Resting Pilot

Seat moved aft ☒

Seat belt on ☒

Manage light, noise and comfort ☒

Non-Resting Pilot

FMS set to LNAV/NAV ☒

Autopilot and autothrust thrust engaged ☒

Headset on and cockpit speaker volume turned down ☒

[← Home](#) **Controlled Rest**

Non-Resting Pilot

Operation with Cabin Crew

Brief the SCCM: ☒

- CR is to be undertaken
- Cockpit access restricted
- Cabin Crew shall call the Flight Deck after 35min

Start Controlled Rest

30:00

Controlled rest in progress

Countdown timer

[Home](#) **Controlled Rest**

i

Duties During Rest

This tool is to be displayed on the Resting Pilots EFB during CR

Non-Resting Pilot

Fuel balancing shall not be undertaken during CR

FMS manipulations shall be kept to a minimum

Altitude changes are not permitted unless required by ATC

ATC initiated altitude changes received by voice:

1. Readback and set altitude in FCU
2. Request ATC to repeat the cleared altitude
3. Confirm correct FCU altitude, then action level change

In the event of any abnormal/emergency condition:

1. Wake the resting pilot
2. Resting pilot restricted to PM duties until the initial actions of abnormal/emergency procedure have been completed


Start Controlled Rest

29:59

Handover

Reporting reminder

[Home](#) **Controlled Rest**



Completion Procedure


Both

Formal hand over of duties

☐

Resting Pilot

Complete 'Controlled Rest Report'
in 'eReports' app to report
Controlled Rest



eReports

☐



Slide	Reference
2	Photo by Steven VanDesande Jr on Unsplash
3	Image Source: Jack Taylor, Getty Images
4	Image Source: vogue.com.au, Image Source: REX/Shutterstock Rex Features
5	Image Source: David J Phillip/AP/REX/Shutterstock
6	Image Source: Bleacher Report
7	Image Source: YouTube
8	Photo by bady qb on Unsplash
12	Icons made by Freepik
14	Icons made by Freepik
15	Icons made by Freepik
16	Icon made by Surang Icon made by Smartline Icon made by Freepik
23	Icon made by Smashicons Icon made by Icongeek26
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