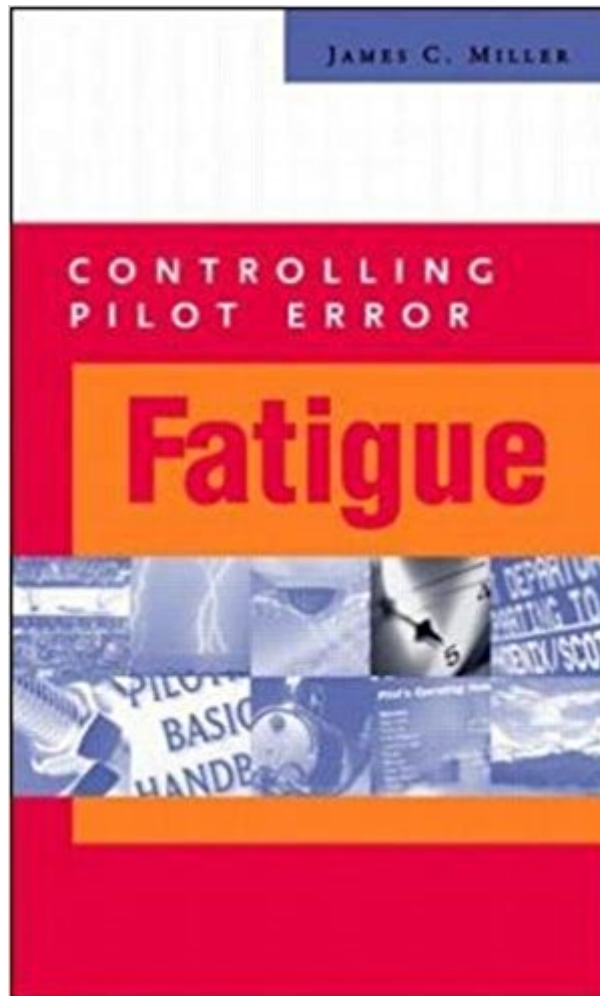




The book was found

Controlling Pilot Error: Fatigue



Synopsis

With up to 80% of accidents attributed to pilot error, this new series is critically important. It identifies and examines the ten top areas of concern to pilot safety. Each book contains real-life pilot stories drawn from FAA/NASA databases, valuable "save-yourself" techniques and an action agenda of preventive techniques pilots can implement to avoid risks.

Book Information

Series: Controlling Pilot Error Series

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Average Customer Review: 4.6 out of 5 stars 3 customer reviews

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Customer Reviews

Controlling Pilot Error: FATIGUE by James C. Miller. After reading the chapter on sleep biology and napping in this book, you may reconsider whether to take that afternoon or red-eye flight. In this slim volume, you will find information on how performance effectiveness drops from 98 percent in the morning to 80 percent or less when compromised by staying awake too long or by accumulating a sleep deficit. And it turns out there is a downside to automation in the cockpit--increasing the workload of monitoring responsibilities and decreased vigilance. This is an excellent primer on sleep even for the non-pilot. It includes a helpful discussion of the effects of drug sleep aids. Also included are examples of National Transportation Safety Board summaries of actual aircraft accidents and their possible causes. This is one in a series of 10 books on the challenges pilots face. The other books in the series deal with such topics as weather, communications, automation, controlled flight into terrain, and training and instruction. Additional topics covered are checklists and compliance, maintenance and mechanics, and situational awareness. Miller's book on fatigue covers sleep biology, jet lag, cumulative fatigue, good sleep hygiene, and other areas. The author is director of the

Chronobiology and Sleep Lab at Brooks Air Force Base, San Antonio, Texas.

NEWS ABOUT SLEEP, WAKEFULNESS, AND ALERTNESS THAT CAN SAVE PILOT LIVES

*Why motivation and discipline fail to overcome the physiological mechanisms of fatigue *The two most dangerous times of the day *How to use power napping--the fifteen-minute breakthrough *The science of getting more rest from your sleeping hours *Countermeasures to apply when you burn the candle at both ends *Expert tips for handling jet lag, cumulative fatigue, and just plain tough days **REDUCE THE TERROR OF PILOT ERROR** The most effective aviation safety tools ever, Controlling Pilot Error guides give you expert protection against the causes of up to 80% of aviation accidents--pilot mistakes. Each title provides: *Real-life pilot stories *Valuable "save-yourself" techniques and safety tips *Clear and concise analysis of error sets **BEST FOR PILOTS BUILD YOUR KNOWLEDGE BASE--INCREASE YOUR CONFIDENCE--SHARPEN YOUR SKILLS--LEARN LIFESAVING TIPS**

Great information in this book. These helpful hints can be applied to any situation where there is great risk when in a fatigued state, not just flying, although it does cover time zone problems for commercial pilots, problems most people don't even think about. I kept this book after I read it. I found it an interesting read.

Good tool to understand and teach the tools necessary to safely fly and to understand the threats that aircrew face with the insidious effect of fatigue. This book along with the others in the series is invaluable to facilitate safe flying and teaching of same

Now that's a product....This is a solid piece of steel... Much more than I expected.... SINDY very love it , good . very recommend . good product with high quality.

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required to pass the FAA exams and operate as a Private and Commercial Pilot (The Pilot's Manual Series) Fix Your Fatigue: The four step process to resolving chronic fatigue, achieving abundant energy and reclaiming your life! Fatigue: Fight It with the Blood Type Diet: The Individualized Plan for Preventing and Treating the Conditions That Cause Fatigue The Fatigue and Fibromyalgia Solution: The Essential Guide to Overcoming Chronic Fatigue and Fibromyalgia, Made Easy! Adrenal Fatigue: Overcome Adrenal Fatigue Syndrome, Boost Energy Levels, and Reduce Stress Hormone Diet: The Hormone Reset Diet, Balance Hormones, Recharging Health and Losing Weight Effortlessly! BONUS Hormone Reset Diet Recipes! (adrenal fatigue diet, adrenal fatigue, Adrenal Fatigue Cure Guide (Beat Chronic fatigue): Restoring your Hormones and Controlling Thyroidism Adrenal Fatigue: Combat Adrenal Fatigue Syndrome Naturally and Boost Your Energy Levels for Good! Reset Your Natural Balance Now! (Reduce Stress, Boost Energy, Adrenal Reset Diet Book 1) Adrenal Fatigue: Combat Adrenal Fatigue Syndrome Naturally and Boost Your Energy Levels for Good! Reset Your Natural Balance Now! Insomnia: 84 Sleep Hacks To Fall Asleep Fast, Sleep Better and Have Sweet Dreams Without Sleeping Pills (Sleep Disorders, Sleep Apnea Snoring, Sleep Deprivation, ... Fatigue, Chronic Fatigue Syndrome Book 1) Schweizer Helicopter Pilot Textbook & Helicopter Pilot Exercise Book - Bundle Remote Drone Pilot Certification Study Guide: Your Key to Earning Part 107 Remote Pilot Certification Private Pilot Test Prep 2018: Study & Prepare: Pass your test and know what is essential to become a safe, competent pilot from the most trusted source in aviation training (Test Prep series) The Standard Pilot Log (Black): ASA-SP-30 (Standard Pilot Logbooks) The Standard Pilot Log (Navy Blue): ASA-SP-57 (Standard Pilot Logbooks) Carrier Pilot: One of the greatest WWII pilot's memoirs

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