

MEDICAL: HUMAN FACTORS FATIGUE, SLEEP & MEDICATIONS (FSM)

COURSE TYPE: MEDICAL HUMAN FACTORS FATIGUE, SLEEP & MEDICATIONS (FSM)



MARITIME INSTITUTE OF TECHNOLOGY AND GRADUATE STUDIES - PACIFIC MARITIME INSTITUTE

Maritime Medical Training Programs

Good emergency response training saves lives and money! MITAGS/PMI are the leading providers of mariner medical training. Many courses can be taught at offsite locations or onboard. Custom programs are also available.

This course is recommended for: All mariners, maritime pilots, and shore-side personnel on shift work or who operate machinery.

What program is this course a part of? Stand alone. Customized versions are available.

Dates: May 20

Duration: 1 Day

Cost: \$325

Location: MITAGS

Contact Information:

Mary Matlock, Admissions,
866-656-5568 or e-mail
at admissions@mitags.org

HUMAN FACTORS, FATIGUE, SLEEP & MEDICATIONS (FSM)

This one-day program will assist the attendee to understand how medications, certain sleep patterns, and sleep disorders can decrease their effectiveness or even potentially increase the risk of errors during transits. Basic information on sleep and fatigue and mitigation strategies will be presented.

Participants will also review the effects of some prescription and common over-the-counter medications on piloting performance, alertness and fatigue. Additionally, positive and negative utilization of caffeine and energy drinks will be discussed.

Pre-Requisite: None.

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