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## AIC for Malaysia



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# THE AVOIDANCE OF FATIGUE IN AIRCREWS ADOPTION OF CAP 371

## 1 REQUIREMENT OF THE AIR NAVIGATION ORDER

1.1 The Air Navigation Order 1953, requires that the operator of an aircraft to which the Air Navigation order applies, shall have a scheme for the regulation of flight times of crew. The scheme must be approved by the Department and included in the Company Operation Manual. The Operation Manual, shall be readily available to every person employed by the operator as a member of an aircraft crew.

## 2 GENERAL PRINCIPLES APPLIED TO CONTROL OF FLIGHT, DUTY AND REST TIME

2.1 The prime objective of a flight time limitations scheme is to ensure that crew members are adequately rested at the beginning of each flying duty period, and whilst flying be sufficiently free from fatigue, so that they can operate to a satisfactory level of efficiency and safety, in all normal and abnormal situations. Aircraft operators are expected to appreciate the relationship between the frequency and pattern of scheduled flying duty periods and rest periods, time off, and give due consideration to the cumulative effects of working long hours interspersed with minimum rest.

## 3 REGULATION OF FLIGHT TIME OF CREWS

3.1 The scheme for the regulation of flight time of crews, prepared by the operator, must strictly adhere to the requirements of CAP 371, all subsequent editions and associated amending notices issued by the Civil Aviation Authority, United Kingdom. CAP 371 sets limits on the allowable duty hours and minimum period of rest for flight crew and cabin attendants. Although, operator must plan their schemes, in accordance with the above mentioned requirements, it is recognised that the standard provision will not necessarily satisfy every type of operation. In these circumstances, operator may apply for a change to the standard provision. Approval will only be given where an operator can show that his proposal will ensure a better or equivalent level of protection against fatigue than the basic requirements.

3.2 All flight time limitations schemes that have been granted approval by this Department and are currently being implemented, are also required to fulfil the requirements of CAP 371. In the event that differences exist, the content of CAP 371 will supersede all other instructions. Exemption and approval associated with the flight time scheme which have been granted to any operator are also subject to changes to meet CAP 371 requirements.

## 4 IMPLEMENTATION

4.1 This circular is effective with immediate effect and it will supersede all previous instruction.

**IR HAJI ZAINI BIN OMAR**

**Director General**

**Department of Civil Aviation Malaysia**