



TRAINED FOR LIFE



Air Line Pilots
Association, Int'l



Airlines for America®
We Connect the World

Fatigue Management Seminar

FAR 117 Fitness for Duty and Responsibilities
January 22–23, 2020
McLean, Va.





Current FRMS Routes Operated by United Airlines





United Airlines FRMS Exemptions

- Island Hopper (OpSpec)
- Flight Crew Rest Facilities (OpSpec)
- CAL-SYD (OpSpec)
- CAL-MEL
- 3-Pilot In-Flight Rest (OpSpec)
- CAL-SIN
- IAH-SYD
- EWR-BOM (Contingency Route)
- SFO-DEL
- EWR-CPT





FRMS Fatigue Mitigations

- Pre-trip rest
- In-flight rest
- Layover Rest
- In-flight rest
- Post-trip rest
- Restrictions on multiple operations

