



## Fatigue Management Strategies for the Stratospheric Observatory for Infrared Astronomy

By Gregg Bendrick

BiblioGov. Paperback. Book Condition: New. This item is printed on demand. Paperback. 28 pages. Dimensions: 9.7in. x 7.4in. x 0.1in. Operation of the Stratospheric Observatory for Infrared Astronomy entails a great deal of night-time work, with the potential for both acute and chronic sleep loss, as well as circadian rhythm dysynchrony. Such fatigue can result in performance decrements, with an increased risk of operator error. The NASA Dryden Flight Research Center manages this fatigue risk by means of a layered approach, to include: 1) Education and Training 2) Work Schedule Scoring 3) Obtained Sleep Metrics 4) Workplace and Operational Mitigations and 5) Incident or Accident Investigation. Specifically, quantitative estimation of the work schedule score, as well as the obtained sleep metric, allows Supervisors and Managers to better manage the risk of fatigue within the context of mission requirements. This item ships from La Vergne, TN. Paperback.

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