



# HUMAN PERFORMANCE & LIMITATIONS COURSE

## COURSE INCLUSIVES

### Structured lessons

All topics are presented in a clear and straightforward manner to ensure that you easily grasp the concepts. We also provide visual drawings and pictures to enhance your understanding.

### Pre-study materials

Before course commencement, you'll receive pre-study materials covering key topics. Then, we'll provide 5 hours of interactive training to give you the knowledge needed regarding the various aspects of HPL. This approach is designed to maximize your learning experience and ensure you are fully prepared for the course.

## EASA, FAA and ICAO compliant certification

### Training facility in the heart of Copenhagen

Our training facility is conveniently situated in the heart of Copenhagen. Our central location ensures easy access to/from Copenhagen Airport and to explore everything our beautiful capital offers.

### Lunch and refreshments

We ensure you can indulge in a delicious lunch, freshly brewed teas and coffee, fresh fruit, chocolate and other delicacies throughout course days.

## 1 DAY PROGRAMME

The course content fully complies with all EASA requirements for HPL training.

To make it as easy as possible for you to get compliant, we ensure that all topics are explained and presented in a structured and simple manner.

You will be taken through the following topics:

- Human factors in aviation – accident statistics and flight safety concept
- Flight physiology
- The nervous system
- Vision
- Hearing and balance
- Spatial disorientation and sensory illusions
- Flying health and hygiene
- Information processing and memory
- Human error and reliability
- Flight Deck management
- Personality, attitude and behaviour
- Workload and stress
- Sleep and fatigue
- Automation

The course completion time in total is approximately 12 learning hours.