



### **Recommended Practice (Final) May 5th, 2004)** **Medical Crew Rest Guidelines**

The AMSAC highly recommends on-site medical crew shifts be scheduled in the same spirit as unscheduled pilot operations (limiting the duty day to a maximum of fourteen hours with a least ten hours uninterrupted rest between shifts). It is not recommended that any shifts be scheduled for any period to exceed 14 hours, and then only if the following six requirements are met:

1. The program can reasonably expect that the medical crewmembers will not be required to routinely perform any duties beyond those required for readiness of the aircraft, equipment, supplies, and/or administrative duties directly associated with the performance of their flight duties.
2. Those medical crewmembers are provided with access to and permission to rest after daily medical crew duties are met.
3. Medical crewmembers must have at least ten hours of uninterrupted rest prior to any scheduled shift. This is intended to preclude back to back shifts with other employment or significant fatigue-causing activity prior to a shift.
4. A medical crew member must have the right to call "time out" from flight duties if the crewmember (or fellow flight team member) determines that he or she is unfit or feels unsafe to continue duty, no matter what the shift length. There should be no adverse personnel action or undue pressure to continue in this circumstance.
5. Management periodically reviews flight volume, frequency and mission duration in determining the efficacy of scheduled shifts greater than fourteen hours.
6. Medical crewmembers should not accept flights or shifts that they know will extend beyond twenty-four hours unless approved by a manager who can verify that crewmembers have had at least ten consecutive hours uninterrupted rest in the previous twenty-four hours.

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