

About this guide

The Civil Aviation Safety Authority's (CASA's) *Plain English Guide for fatigue management* summarises and restates obligations under *Civil Aviation Order (CAO) 48.1 Instrument 2021* and Subpart 137.Q of the *Civil Aviation Safety Regulations 1998* (CASR) in plain English. Further, this guide reorders the information contained in the appendices to make it easier for a pilot or operator to assess the legality of planned/rostered duties or variations to those duties.

Pilots are required to be fit to fly and manage their fatigue accordingly. By following this guide, it is expected you will comply with CAO 48.1 Instrument 2021 which can be found on the [Federal Register of Legislation](#) website. This guide should not be used as a substitute for the legislation as it does not reflect the full text of the legislation.

We are committed to providing you with accurate, consistent and clear information to help you understand your obligations. The information contained in this guide was correct at the time of publication but is subject to change without notice. If you rely in good faith on information appearing in this guide that turns out to be incorrect, we will consider any resultant non-compliance with the legislative requirements in accordance with the 'just culture' principles set out in CASA's [Regulatory Philosophy](#) in determining what action, if any, we take. Please visit the CASA website regularly for the latest updates to the guide.

Disclaimer: The guide has been prepared by CASA for information purposes only, and while every effort has been made to ensure that the contents accurately conform to CAO 48.1 Instrument 2021, this guide is not the law. CASA accepts no liability for damages or liability of any kind resulting from its use. You should ensure you are using the most current version of the guide, which can be found on the CASA website.

CASA is responsible for the safety regulation of civil air operations in Australian territory, and for the regulation of Australian-registered aircraft outside Australian territory.

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