



European Union Aviation Safety Agency

FAQ n.47653

FAQs:

[ORO.FTL](#), [Part-ORO](#), [Air Operations](#), [Regulations](#)

Question:

Reduced rest CS FTL.1.235(c)(5): Is it possible to apply reduced rest to two consecutive rest periods?

Answer:

Yes. Up to 2 reduced rest periods in any 168 hours are allowed. They may be consecutive.

Reduced rest is only possible under FRM, as part of an approved IFTSS.

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Link:

<https://www.easa.europa.eu/de/faq/47653>