Overview

• Why is fatigue a problem?
• What causes fatigue?
• What are fatigue management programs (FMP) and why are they important?
• Where can I go to learn more about developing an FMP?
Why is Fatigue a Problem?
Sleeping Less Leads to Lapses in Vigilance

Van Dongen HPA et al. (2003). The cumulative cost of additional wakefulness: Dose-response effects on neurobehavioral functions and sleep physiology from chronic sleep restriction and total sleep deprivation. Sleep, 26:117-126. Figure 1
Factors That Regulate Sleep and Sleepiness

Several Factors Can Cause Fatigue

- Inadequate sleep length or quality
- Time of day
- Continuous time awake
- Sleep disorders and other health issues
- Certain drugs
Why Have a Fatigue Management Program?

• FMPs can improve safety and health by incorporating:
  • Fatigue management education for drivers and others
  • Scheduling/trip planning practices
  • Sleep disorder screening/treatment
  • In-vehicle technologies
  • Incident reporting and evaluation systems
North American Fatigue Management Program (NAFMP)

• 4-year project (Canada & US)
• Collaboration between government, carriers, insurance and researchers
• Link to NAFMP: https://saaq.gouv.qc.ca/en/transportation-goods/driver/north-american-fatigue-management-program/
# North American Fatigue Management Program

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Fatigue-Related Resources

- North American Fatigue Management Program (Société de l’assurance automobile, Quebec)
- Your Guide to Healthy Sleep (National Heart Lung, and Blood Institute)
- Driver Fatigue On the Job (National Institute of Occupational Safety and Health)
- 2016 Joint Recommendations Concerning Obstructive Sleep Apnea (FMCSA Motor Carrier Safety Advisory Committee and Medical Review Board)
- Fatigue Risk Management in the Workplace (Journal of Occupational and Environmental Medicine)
- Managing Workplace Fatigue During COVID-19 (National Institute of Occupational Safety and Health)