

Using the North American Fatigue Management Program (NAFMP) framework and education material as guidelines, carriers of all transportation industries and sizes can develop their own fatigue management program that meets their operational and learning needs. A fatigue management program must include ways to measure and manage the risk of fatigue to which an organization and its employees are exposed to. By measuring the fatigue risks and developing control tools to manage the risks, fatigue-related incidents may be prevented.

Policies and procedures related to fatigue management must be documented and readily available to all employees. These policies and procedures should be continually reviewed to ensure that they meet current business needs and to ensure that program goals are met. As the program is updated, employees must be informed of the changes, and re-training may be required.

*Key features of a fatigue management program include the development and implementation of:*



*Role of the Safety Officer in the development of a Fatigue Management Program:*

It is recommended that the carrier's designated safety officer should review and complete all ten modules of the NAFMP in order to fully understand how the program can be adapted to suit the needs of the carrier and its employees. In doing so, the safety officer can determine the minimum course selection that would be required by each employee to complete as part of the fatigue management training (based on each employees' specific job responsibilities). The safety officer can refer to the program overview that identifies the learning objectives for each module and the suggested target audience for each module, in order to determine the modules that are suited to certain roles. The modules identified by the safety officer would be required to be completed by applicable employees and management, depending on their job role and responsibilities.