

North American Fatigue Management Program (NAFMP): *Learning Modules*

Module	Title	Target Audience	Learning Objectives	Estimated Course Duration
1	<i>FMP Introduction and Overview</i>	Motor Carrier Executives and Managers	<ul style="list-style-type: none"> Understand fatigue management program (FMP) principles and components. Understand the characteristics of fatigue and health and wellness implications. Identify the benefits of using a fatigue management program. 	45 minutes
2	<i>Safety Culture and Management Practices</i>	Motor Carrier Executives and Managers	<ul style="list-style-type: none"> Identify the relationship between safety culture and fatigue. Understand the importance of commitment to fatigue management programs from all levels of the organization. Identify the importance of fatigue communication, empowering drivers, and building trust. Identify how to create a FMP committee. Creating policies for recognition. Identify how to conduct measure FMP effectiveness. 	1.5 hours
3	<i>Driver Education</i>	Commercial Drivers	<ul style="list-style-type: none"> Understand the principles of driver fatigue, alertness, sleep, and wellness. Understand how to apply the knowledge to work duties. Scheduling and hours of service. 	3 hours
4	<i>Driver Family Education</i>	Driver, Spouses, and Family	<ul style="list-style-type: none"> Understand commercial driver fatigue, alertness, sleep, and wellness. Understand how to apply this knowledge to support better sleep and wellness at home. 	45 minutes
5	<i>Train-the-Trainer for Driver Education and Family Forum</i>	Carrier Safety Managers and other Trainers	<ul style="list-style-type: none"> Understand the principles and methods of effective teaching. Understand the structure and procedures of FMP. Understand principles and impacts of driver fatigue, alertness, sleep, and wellness. Promote fatigue management principles and commitment to a culture of safety. 	3.5 hours
6	<i>Shippers and Receivers</i>	Freight Shippers and Receivers	<ul style="list-style-type: none"> Understand the principles of commercial driver fatigue, alertness, and health. Understand the factors that affect fatigue and alertness. Understand fatigue management challenges and Hours of Service regulations. Promote a team approach to driver compliance, health, and safety. 	30 minutes

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7	<i>Motor Carrier Sleep Disorders Management</i>	Carrier Executives and Managers	<ul style="list-style-type: none"> Understand responsibilities and roles in identifying, treating, and managing sleep disorders. Identify how to develop and implement a sleep disorders management program. Promote driver support and encouragement. 	1.5 hours
8	<i>Driver Sleep Disorders Management</i>	Commercial Drivers	<ul style="list-style-type: none"> Understand sleep disorders, screening, and testing. Understand the regulations and guidelines that impact commercial drivers with sleep disorders. Identify treatments and benefits. Identify how sleep disorder management contributes to fatigue management. 	1.25 hours
9	<i>Driver Scheduling and Tools</i>	Dispatchers and Driver Managers	<ul style="list-style-type: none"> Identify factors in driver schedules that contribute to fatigue. Identify how to maximize the benefits of scheduling tools. Identify how to develop strategies to manage fatigue and how they can be customized to suit the operation. Promote the importance of shared responsibility in reducing fatigue. 	1 hour
10	<i>Fatigue Monitoring and Management Technologies</i>	Motor Carrier Executives and Managers	<ul style="list-style-type: none"> Identify and understand fatigue management technologies and their role within a safety culture. Identify current technologies available. Understand the costs and benefits of implementation. Identify how to develop and deploy technologies based on operational guidelines within a FMP. 	1 hour
ALL				<i>Total Program:</i> 14.75 hours

(Adapted from NAFMP, 2014 at: <http://www.nafmp.org/en/online-courses/who-should-take-the-training.html>)