U.S. Department of Transportation
Federal Railroad Administration

Fatigue Working Group Update

TO

The 48th Railroad Safety Advisory Committee Meeting

Washington, DC
June 14, 2013

Background

- Established December 8, 2011
- Purpose: To provide advice regarding development of implementing regulations for Fatigue Management Plans and their deployment under the Rail Safety Improvement Act of 2008 (Act).

Meetings

- March 27, 2012
  - Highlights presented at April 2012 RSAC meeting
- June 12, 2012
- July 10, 2012
- August 28, 2012

Highlights presented at September 2012 RSAC meeting

- January 24 and 25, 2013
- April 2 and 3, 2013
- June 11 and 12, 2013

January 24 and 25, 2013 Meeting Highlights

- AAR presentation on Scheduling
- FRA presentation on Sleep Disorders
- Union Pacific presentation on their fatigue management program

April 2 and 3, 2013 Meeting Highlights

- Discussion of Regulatory Framework
  - Definitions
  - Program requirements
  - Plan requirements

June 11 and 12, 2012 Meeting Highlights

- Presentation by David Nash on PRISM: predictive risk intelligent safety module
- Draft rule text
- Discussion of economic impacts
- Task Force Reports and deliverables

Training and Education TF Highlights

- Focus: Safety related employee education
- Scope (approved by WG June 12, 2012)
  - Determine industry and scientific resources available
  - Dissemination strategies
- Deliverables: (dates presented to WG in parentheses)
  - "Fatigue 101" training (July 10, 2012)
  - Training Topics paper (June 11, 2013)
  - Dissemination and evaluation strategies (June 11, 2013)
  - Fatigue mitigation toolkit (June 11, 2013)
  - Summary of existing railroad & external resources (TF review June 7, 2013)

Infrastructure and Environment Task Force Highlights

- Developed Consensus Guidelines for two of 3 focus areas
  - Effects on employee fatigue of responses to emergency situations.
  - Conditions associated with lodging facilities selected by carriers for employee rest.
    - Consensus Guideline for dispute resolution process for this subject also developed
- Developed White paper discussing issues for third focus area, presented at WG meeting on June 12.
  - The effects of vibration and temperature extremes on fatigue.

Scheduling TF Highlights

- Developed proposed list of deliverables
- Developed draft table of contents
  - Presented to WG on 7/10 and 8/28
- Further TF activities suspended while full WG addresses major issues of concern
- FRA submitted draft scheduling document for WG discussion June 12, 2013

Upcoming Activities

- Next WG meeting September 10 & 11

COMMENTS? QUESTIONS?

BACKGROUND SLIDES

Task Statement Description

- Review the mandates and objectives of the Act related to the development of Fatigue Management Plans
- Determine how medical conditions that affect alertness and fatigue will be incorporated
- Review available data on existing alertness strategies
- Consider the role of innovative scheduling practices
- Review the existing data on fatigue countermeasures

Task Statement Issues Requiring Specific Report

- How will compliance and program efficacy be evaluated and monitored?
- How will training and educational requirements be determined?
- What processes should be in place in the event a Fatigue Management Plan is not approved?
- What processes will be used to periodically audit Fatigue Management Plans after they have been approved?

Training and Education Task Statement

- Employee education and training on the physiological and human factors that affect fatigue
- Medical and scientific research-based fatigue mitigation strategies
- Opportunities for identification, diagnosis, and treatment of any medical condition that may affect alertness or fatigue, including sleep disorders
- Methods to minimize accidents and incidents during circadian low periods
- Alertness strategies

Scheduling Task Statement

- Innovative scheduling practices
- On duty call practices
- Work and rest cycles
- Increased consecutive days off
- Other aspects of employee scheduling that would reduce employee fatigue and cumulative sleep loss
- The increase of the number of consecutive hours of off-duty rest
- Avoidance of abrupt changes in rest cycles for employees

Infrastructure and Environment Task Statement

- Effects on employee fatigue of an employee's short term or sustained response to emergency situations
- Opportunities to obtain restful sleep at lodging facilities
- Effects of environmental conditions (e.g. temperature, vibrations, etc.) on employee fatigue
- Effects on fatigue of requiring very long commutes on rest days