



Railroad Safety Advisory Committee



Fatigue Working Group Update

TO

The 47th Railroad Safety Advisory Committee Meeting

Washington, DC
Sept 27, 2012



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).
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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
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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?
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Meetings



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

Meeting Highlights

- Review Canadian Approach to Fatigue Mgt.
 - Task Force Reports
 - *NOTE: task force updates will be presented in the slides immediately following the meeting highlights*
 - WG approves Training TF scope & deliverables
 - Draft Fatigue Risk Management White Paper presented to group
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July 10, 2012

Meeting Highlights



- “Fatigue 101” Presentations
 - Fatigue Modeling
 - Managing Fatigue
 - Fatigue Status on US railroads
 - Task Force Reports
 - WG requests more information from Scheduling Task Force
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August 28, 2012

Meeting Highlights

- Review comments to FRMS white paper
 - Will be FRA document not a WG document
 - Task Force Reports
 - Scheduling TF activities are suspended while WG works on related issues
 - Training and Education TF deliverable: Training Topics presented to WG
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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
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Training and Education TF Highlights



- Meetings held 4/3, 6/8, 7/3, 8/9
 - Scope (approved by WG 6/12)
 - Determine resources available
 - Dissemination strategies
 - Deliverables: Guidance documents and tool kits
 - “Fatigue 101” training (given July 10)
 - Training Topics paper (draft delivered August 28)
 - Summary of existing railroad resources (including dissemination strategies)
 - Summary of existing outside resources (including dissemination strategies)
 - Fatigue mitigation toolkit
 - Focus: Safety related employee education
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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
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Scheduling TF Highlights

- Meetings held 4/30, 7/3, 8/9
- 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



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
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Infrastructure and Environment TF Highlights



- Task Force has had 4 teleconferences using GoTo Meeting
 - May 3, May 21, June 8, August 20
 - Effects on employee fatigue of responses to emergency situations
 - Labor has submitted a proposed set of issues to be addressed by Fatigue management plans.(IEC-12-05-21-02)
 - FRA distributed draft revised language on 8/24 – Open Action Item
 - Conditions associated with lodging facilities selected by carriers for employee rest
 - Labor submitted a proposal for their desired conditions (IEC-12-05-21-03)
 - FRA clarified that the agency does not intend to regulate commercial lodging facilities.
 - FRA proposed and modified language to be used as guidance for dispute resolution in plans.
 - FRA proposed paring specific items to “critical must haves” agreeable to Labor and carriers.
 - BMWED listed “most important” factors (carriers: “right direction for TF to consider”)
 - Open Action Item
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Infrastructure and Environment TF Highlights



- The effects of vibration and temperature extremes on fatigue
 - Three areas of concern expressed:
 - In sleeping facilities (focus on temperature control)
 - In the operating environment
 - In the working environment
 - Over 60 Scientific research references reviewed thus far
 - Army contacts were not productive. FRA contacted
 - US Army Institute of Public Health (APG), and
 - US Army Research Institute of Environmental Medicine (Natick),
 - » Biophysics and Biomedical Modeling Division, and
 - » Thermal & Mountain Medicine Division
 - **No consistent or predictive science found to date**
 - Continue to refine and reach consensus
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Upcoming Activities

- Infrastructure and Environment TF
 - In-person meeting October 30 & 31
- Training and Education TF
 - GoTo Meeting October 15
- Next WG meeting November 1 & 2



Discussion/Wrap Up



Comments?

or

Questions?
