



# Railroad Safety Advisory Committee

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## **Fatigue Working Group Update**

TO

## **The 46<sup>th</sup> Railroad Safety Advisory Committee Meeting**

Washington, DC  
April 26, 2012

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# Background

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- 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).
  - First meeting held March 27, 2012
    - Wardman Park Marriott, Washington, DC
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# Task Statement Description

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- 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

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- 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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# First Meeting Highlights

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- Reviewed task statement, comments from ANPRM, and required elements as outlined in RSIA
  - Reviewed current fatigue requirements under passenger and freight Hours of Service rules
  - Reviewed elements outlined in RSIA for Fatigue Risk Management Plans (FRMPs)
    - Training and education
    - Scheduling
    - Medical conditions affecting alertness
    - Fatigue Risk Mitigation
  - Demonstration and 'soft launch' of Railroaders' Guide to Healthy Sleep website
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# First Meeting Highlights

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- Group voted to establish three task forces:
    - Education and Training (see RSIA items A, B, E, F)
    - Scheduling (see RSIA items D, H, I)
    - Infrastructure and Environment Concerns (see RSIA items C, G)
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# Training and Education Task Statement

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- 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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# Scheduling Task Statement

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- 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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# Infrastructure and Environment Task Statement

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- 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
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# Upcoming Activities

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- Task Force groups will meet June 11, 2012, and will conduct conference calls in the interim
  - Next Fatigue Working Group Meeting:  
Washington, DC June 12, 2012
    - DoubleTree Hotel, 1515 Rhode Island Ave. NW  
Washington, DC
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