



Railroad Safety Advisory Committee



Fatigue Working Group Update

TO

The 46th Railroad Safety Advisory Committee Meeting

Washington, DC
April 26, 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).
 - First meeting held March 27, 2012
 - Wardman Park Marriott, Washington, DC
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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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First Meeting Highlights

- 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



- 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



- 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



- 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



- 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

- 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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