

<b>Presentation Title</b>	<b>Place in Schedule</b>
Establishing and Maintaining a Successful Fatigue Risk Management System	Concurrent Session 1.5 <i>Day 2 – Wednesday</i> <i>May 9<sup>th</sup>, 2018</i> <i>1:00 – 2:15pm</i>
<b>Description of Presentation</b>	<b>Presenter Name(s) And Credentials</b>
<p>In our increasingly 24/7 global society, the workforce never rests. Fatigue is inevitable under such conditions because neither the brain nor the body functions optimally when uninterrupted sleep is not obtained. When the body does not receive a necessary amount of sleep, human performance is impaired and can contribute to workplace accidents and incidents. The consequences of fatigue-related human error and violations in the work environment have the potential of being catastrophic. Human lives, vulnerable resources and property can be negatively impacted by unmanaged fatigue. A Fatigue Risk Management System (FRMS) is a data-driven means of continuously monitoring and managing fatiguerelated safety risks, based upon scientific principles and knowledge as well as operational experience that aims to ensure relevant personnel are performing at adequate levels of alertness.</p> <p>The implementation of an FRMS enables mitigation of fatigue-related human error and violations, thus reducing the potential of catastrophic consequences. An effective FRMS consists of several related components that when appropriately designed and implemented have the ability to manage fatigue. Components of an FRMS include policy development, scheduling analysis, wellness integration, training and education along with incident investigation. A diverse audience would benefit from understanding and working toward implementing an FRMS. Executives, unions, supervisors, safety personnel, and both wellness and human resources representatives would comprise an ideal audience mix. FRMS continuously analyzes employee work schedules using biomathematical models designed to determine level of effectiveness (i.e. alertness, response time). Schedule adjustments should be made where both appropriate and possible. Biomathematical models are also used to analyze incident data and</p>	Korie Mapp, CPE, TSSP <i>Mapp Consulting</i>

determine if the occurrence was fatigue-related.  
An established and sustainable Fatigue Risk Management System (FRMS) reduces the risk of accidents and injuries. Its establishment is particularly important in support of personnel whose circadian rhythms are offset by extended work hours or work hours that occur at night. Fatigue policy implementation, work schedule analysis, wellness integration, engaging training and education along with thorough incident investigation all assist in addressing the safety implications of fatigue.