

2022 Safety Management Seminar

United Motorcoach Association



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NAFMP Contact Info



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Overview

1. Complicated Problem
2. Comprehensive Solution
3. Online Resources
4. Recipe
5. Next Steps



Poll

- In crash statistics, driver fatigue is...
 - The number 1 cause
 - Not a significant cause
 - Underrepresented



NTSB Reports

Factors That Affect Fatigue In CMV Crashes

The Safety Board believes that the incidence of driver fatigue is underrepresented in FARS in general and in FARS specifically with regard to CMV drivers. Research has suggested that CMV driver fatigue is a contributing factor in 30 to 40 percent of all CMV crashes.

Motorcoach Crash Investigations

Among the safety issues identified during the investigation of 19 crashes resulting in 140 fatalities were driver fatigue, drivers exceeding legal driving hour limits, unqualified drivers, driver distraction, medical problems and more.



Poll

- The only cause of fatigue is insufficient sleep
 - True
 - False



Alertness Has Supply & Demand

- Supply Factors

- Internal, individual susceptibility, circadian rhythm, amount of sleep, time of day, time awake, stimulants, other drugs, health, genes, mood

- Demand Factors

- Task related: Time on task, task complexity, task monotony
- Environmental: Road conditions, weather, stress (heat, noise, vibration), vehicle design, social interaction, other stimulation



Poll

- Drivers can tell they are fatigued
 - Always, based on their perception
 - When trained to recognize it
 - Rarely; that's why it's a problem



Objective Signs of Fatigue

- Eyelid drop or loss of focus
- Yawning
- Wandering, scattered or disjointed thoughts, dreamlike visions
- Head movements, gentle swaying, jerking
- Reduced field-of-view (AKA: tunnel vision, highway hypnosis, white line fever)
- Fidgeting, shifting positions, adjusting windows & HVAC
- Progressive weaving, crossing rumble strip, drift and jerk steering
- Delayed or incorrect responses
- Microsleeps



Poll

- What does a fatigue crash look like?



Fatigue Crash Characteristics

- Usually single-vehicle
- Road departure
- Driver alone
- Often on monotonous roads
- Most in early morning, between 2-7 am
- Usually, serious crashes



Poll

- Why motorcoach driving worsens fatigue?



Motorcoach Driving Worsens Fatigue

- Tight schedule to get enough sleep
- Extended work hours + commuting
- Changing work schedules
- Work/sleep periods conflict with circadian rhythm
- Limited time for rest & naps
- Unfamiliar & uncomfortable sleep Locations
- Sleep disruptions
- Difficulty finding nutritious food on the road
- Limited opportunities for exercise
- Personal, work and environmental stressors



Poll

- Diver fatigue is fully regulated through hours-of-service rules...
 - True
 - False



HOS Rules vs. Fatigue Management

- HOS Rules
 - Afford Opportunity for Sleep & Rest
 - Compliance Lowers Crash Rates
 - Generally Enforceable
 - Level the Playing Field
- Fatigue Management
 - Proactive and Comprehensive Approach
 - Additional Factors Contributing to Alertness
 - Optimize All Fatigue Factors
 - Managing Risk Factors

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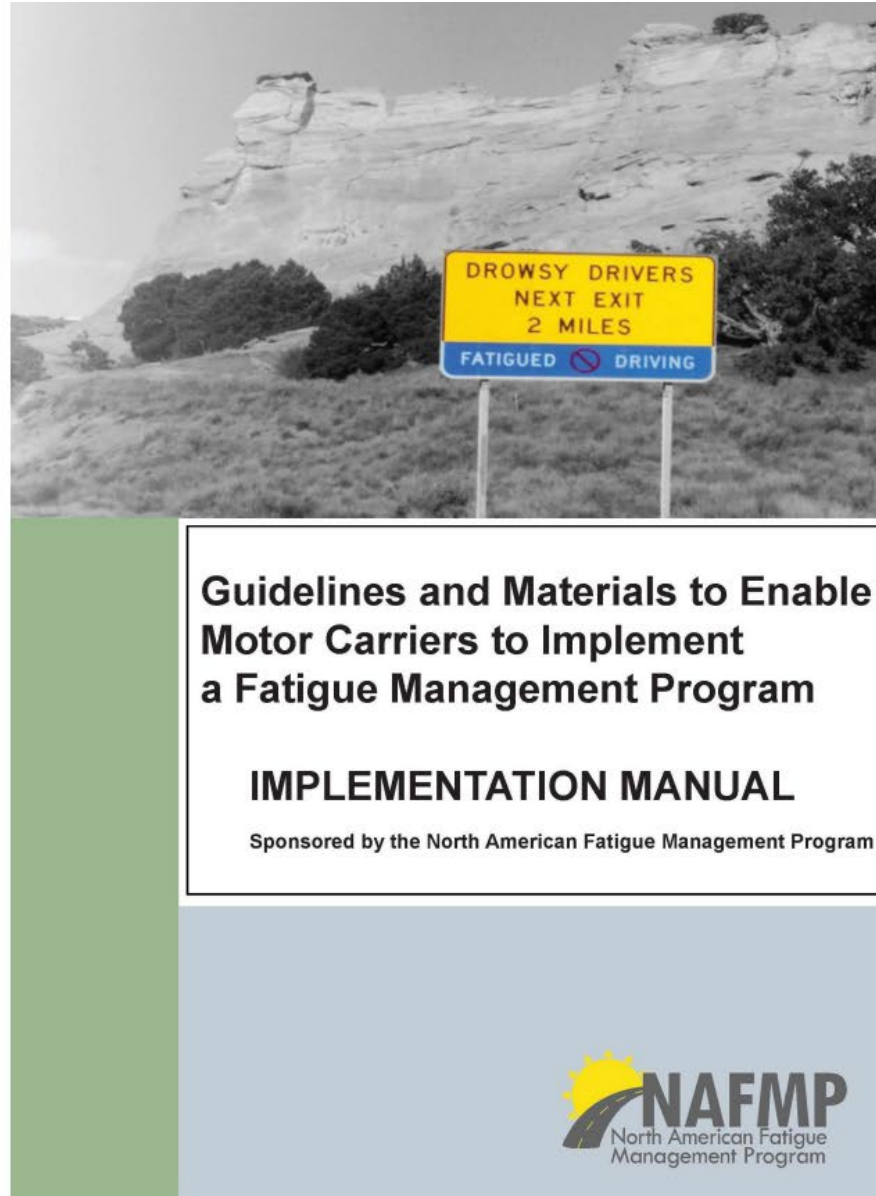
A Comprehensive Approach for Managing Commercial Driver Fatigue

The **North American Fatigue Management Program** enhances a carrier and driver's ability to effectively deal with the challenges of fatigue in a highly competitive, widely dispersed and rapidly changing industry.

[Program Overview](#)

[Explore Our Courses](#)

Implementation Manual



eLearning Platform: lms.nafmp.org



NAFMP

English (en) ▾

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Fatigue Management Community Forum

No matter your role in managing fatigue, you are welcome to join in the conversation. Questions, comments, and feedback are encouraged. Thank you for your participation. Please select here to log in or create a new free account.



Available courses

Module 01



FMP Introduction and Overview

Target Audience: Carrier executives and other managers

Estimated Duration: 45 min

Module 02



Safety Culture and Management Practices

Target Audience: Carrier executives and other managers

Estimated Duration: 1.5 hours

Module 03

PowerPoint Presentations

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Training

Training Overview

Motor Carrier Executives & Managers

Safety Managers & Other Trainers

Dispatchers & Driver Managers

Commercial Vehicle Drivers

Driver Spouses & Families

Freight Shippers & Receivers

PowerPoint Training (Downloads)

PowerPoint Training (Downloads)

NAFMP online training is a comprehensive, interactive experience. We encourage you to participate in the program via our free and [self-paced e-learning system](#). Through the system, you'll have access to periodic check-ins, quizzes and scores. Motor carriers can also encourage their drivers and other personnel to register and complete the appropriate modules through the online system.

PowerPoints with Audio Narration

NAFMP Training can also be downloaded in PowerPoint format. This option allows you to view and hear the training but does not test your knowledge nor provide

Access the Complete
Training Program Online →

How to get started (PDF)

Improve Driver Safety

Reduce fatigue-related risks, reduce crashes, improve alertness and promote job satisfaction.

[Learn more](#)

ROI Calculator

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ROI Calculator

Return on Investment (ROI) Calculator

Estimate the monetary benefits of implementing the North American Fatigue Management Program either in its entirety or in select components in a customized program, i.e., fatigue management training, sleep disorder screening and treatment, technology deployment, and scheduling tools.

Click on the links below to download the ROI Calculator and User Guide:

[Calculator User Guide \(PDF\)](#)

[Calculator Download \(Excel Spreadsheet\)](#)

[Access the Complete Training Program Online](#) →

[How to get started \(PDF\)](#)

Improve Driver Safety

Reduce fatigue-related risks, reduce crashes, improve alertness and promote job satisfaction.

[Learn more](#)

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Webinars

Webinars and Courses

Register for upcoming live NAFMP webinars and courses or check out previous recordings below.

Upcoming

Sleep Hygiene – North American Fatigue Management Program Driver Series

Wednesday, Dec. 7, 1-2 p.m. EST

Good and sufficient sleep is arguably the most important factor in determining drivers' general health and state of alertness. In this session, learn why sleep is so important, what "good" and "sufficient" sleep looks like, and how sleep hygiene can help drivers get the sleep needed to stay alert and healthy.

Featured speaker: Tom DiSalvi, vice chairman of the National Sleep Foundation Board of Directors, and Schneider National's vice president of safety, driver training and compliance.

Access the Complete
Training Program Online →

How to get started (PDF)

Improve Driver Safety

Reduce fatigue-related risks, reduce crashes, improve alertness and promote job satisfaction.

[Learn more](#)



Benefits

- Lower Fatigue Related Crashes
- Lower Legal Liability Exposure
- Cost Reduction
 - Driver retention
 - Medical costs
 - Maintenance
- Labor force
 - Safer
 - More productive
 - Healthier & happier



Fatigue Management Program (FMP)

1. Safety Culture
2. Fatigue Risk Management System
3. Sleep Disorder Management Program
4. Scheduling Practices
5. Fatigue Management Technologies
6. Education & Training



Safety Culture Poll

- Fatigue management for motor carriers should become an
 - Option
 - Priority
 - Value
- It is realistic to expect that the culture change process
 - Takes time
 - Is fluid
 - Requires data evaluation
 - All of the above
 - None of the above
- A safety culture develops from the ground up. Top level buy-in is not critical
 - True
 - False



FMP 1: Safety Culture

- Top management buy-in
- Empowering staff and generating commitment to FMP
- Build driver trust and instill accountability
- Driver recognition
- Corporate culture change

Module 2: Safety Culture & Management Practices



FMP 2: Fatigue Risk Management System

- Identify fatigue risks processes
 - Predictive: Previous experience, evidence-based scheduling, math models
 - Proactive: Self-reported, questionnaires, performance reviews, scientific literature review, planned vs actual time worked
 - Reactive: Determine if fatigue was a factor in crash, near crash or violation
- Procedures for fatigue risk management
 - Applicability: Operations at risk
 - Identification: Data collection, analysis and risk determination
 - Assessment: Target hazards with greatest risk based on probability + severity
 - Management: Strategies to set measures/countermeasures to reduce/eliminate
 - Evaluation: Strategies effectiveness
- Implementation Manual: Chapter 4, Pages 57-74



FMP 3: Sleep Disorder Management Program

- Insomnia, narcolepsy, restless leg syndrome, sleepwalking, abnormal circadian rhythms
- Most common: Obstructive Sleep Apnea (OSA)
- Treatments can be very effective
 - Continuous Positive Airway Pressure (CPAP) Machine
 - Health and wellness behavioral changes

Sleep Disorders Management Module 7 (Carriers)

Module 8 (Drivers)

May 4 , 2022 Webinar: A Motor Carrier's Guide to Establishing a Sleep Disorders Management Program



FMP 4: Scheduling Practices

- Sound scheduling and routing
- Shared responsibility mitigating driver fatigue in work schedules
- Regular schedules
- Forward vs backward scheduling
- Consider travel time to employment location
- Consider rests and naps during work shift
- Maximum of 16 hrs. per day or less
- Maximize benefits of scheduling tools
- Develop customized strategies for managing fatigue

Module 9 (Scheduling)



FMP 5: Fatigue Management Technologies

- FMTs are only one piece of the puzzle
 - Part of overall FMP to shape positive safety culture
 - Technology can reshape driving behavior leading to fewer errors
- Types of fatigue management technologies
 - Fitness for duty, performance monitoring, driver performance
- Implementation Considerations
 - Cost & ROI
 - Legal implications
 - Driver (compliance, acceptance, training)
 - Operational protocols & performance measures
- Best practices

Module 10 (Technologies)

June 9, 2022 - Webinar: The Alertness Toolkit



FMP 6: Education & Training

- eLearning & PowerPoint
 - Motor carrier executives and managers
 - Module 1 (Intro), 2 (Safety Culture), 7 (Sleep Disorders), 10 (Technologies)
 - Motor carrier trainers
 - Module 5 (Train-the-Trainer)
 - Motor carrier dispatchers and driver managers
 - Module 9 (Scheduling)
 - Freight Shippers, Receivers, Brokers
 - Module 6 (Role of shippers & receivers on driver safety)
 - Drivers
 - Module 3 (Driver Ed), 8 (Sleep Disorders) & 9 (Scheduling)
 - Driver Families
 - Module 4 (Family Ed)



Step-by-Step FMP Implementation

1. Assemble Steering Committee
2. Develop Policy
3. Develop Documentation Process
4. Define Roles & Responsibilities
5. Develop Implementation Timeline
6. Introduction & Awareness
7. Education & Training
8. Provide Ongoing Communication
9. Monitor & Evaluate

Implementation Manual, Chapter 3, Pages 49-56

Next Steps

1. Create an account at lms.nafmp.org to watch any NAFMP courses
2. Download PowerPoint Files at nafmp.org
3. Watch recordings of [NAFMP webinars](#)
4. Register at [the UMA Expo](#) and attend the NAFMP Driver Ed & Training Session
5. Please keep safe, well & alert





Questions?

Thank you!