

# What is a Fatigue Management Plan?

**Unmanaged fatigue risk can jeopardize safety and be very costly. A fatigue management plan (FMP) is the set of policies and procedures that manage operational fatigue risk by identifying the source of fatigue, outlining suitable mitigation strategies, and providing a way to track results.**

There isn't a one-size-fits-all formula for developing an effective FMP; each plan must be customized to reflect the size and conditions of your specific operation. However, there are few key elements that all successful FMPs have in common:

- a firm policy commitment made by senior management stating the organization's commitment to managing the safety risks associated with fatigue
- early and on-going consultations with drivers
- comprehensive risk assessment backed by scientific principles and operational knowledge
- fatigue training and education
- documentation and implementation of the plan
- technology-based solutions to monitor, manage, and track safety risks on an on-going basis
- driver coaching processes with appropriate mitigation strategies, and
- regular review and modification of the plan.

The ultimate goal is for fatigue management to become the 'way we do things around here'.

## Relying on HOS limits is not enough

Using rules based solely on hours of service is not enough to properly manage fatigue risk. There are many factors not accounted for in the HOS regulations that may affect a driver's ability to be fit for duty. These factors include:

### **Around-the-clock scheduling and planning.**

Commercial motor vehicle operations run 24/7 and deal with a constant array of challenges—aggressive deadlines, weather, traffic, delays, and so on. In order to lessen the impact of these challenges, drivers often work consecutive night shifts, work long hours, or have irregular schedules which can make it harder to get enough sleep.

**Lifestyle and other non-work factors.** Every driver experiences a unique set of demands in their personal life that may prevent them from getting the sleep they need to be fit work. At times it may be family obligations, a second job or volunteer work, or even leisure activities (watching TV or playing video games) that interfere with going to bed and getting adequate sleep.

**Medical and health conditions.** In some cases, poor sleep quality and other sleep problems are caused by preventable or treatable health conditions, such as obesity and sleep apnea.

## Scientific principles and operational knowledge—two complementary sources of expertise

Understanding of sleep science and human physiology is necessary to reduce fatigue and increase operational safety. However, many recommendations based on sleep science were not made with trucking operations specifically in mind. This means that knowledge of the operational and organizational context, as well as understanding of the constraints and motivations of the drivers must be considered alongside the science to develop an appropriate fatigue management approach.

## Utilize technology to get ahead of fatigue risk

A major challenge in managing fatigue is that without the proper tools it is often difficult to identify, measure, and track—all of which are essential to the success of an FMP. Pulsar Informatics and SleepSafe Drivers are working together to provide technology-based solutions that serve as foundational elements of a comprehensive FMP.



Fatigue Meter by Pulsar Informatics provides vital insights about the fatigue stressors that are affecting your drivers without the need for wearables or additional equipment. With Fatigue Meter you can:

- establish baseline metrics that you can track over time to measure the success of your FMP
- discover which parts of your organization would benefit most from fatigue management, and
- assess the fatigue risk levels of your fleet in near-real time.

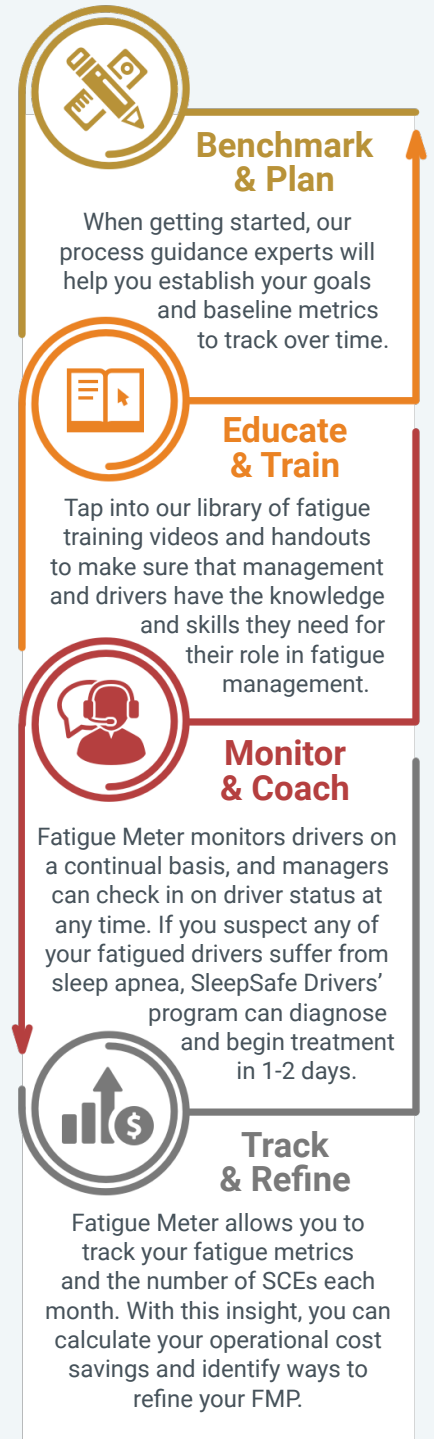
Fatigue Meter customers also gain access to our driver fatigue education video series designed to help drivers learn about fatigue risk in trucking.



SleepSafe Drivers provides a complete program for sleep apnea. Unlike most diagnostics programs that require overnight check-in, SleepSafe Drivers can help most of your drivers get tested in their natural sleeping location. Benefits include:

- portable testing (HST) with Sure-ID (no out of pocket expenses)
- turn-around times of 1-2 days
- wireless monitoring with Sure Compliance APAP success rate
- all physicians are Board Certified in Sleep Medicine, and
- 24/7 coaching and daily monitoring for support.

Pulsar Informatics has partnered with SleepSafe Drivers to offer custom solutions that provide the education, tools and strategies needed to create an effective fatigue risk management plan.



Contact us today if you have questions about creating or augmenting your fatigue management plan.

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