What is the NAFMP?

- Interactive, web-based educational and training program developed to teach about factors contributing to fatigue and their impact on performance.
- Collaborative, international partnership between multiple jurisdictions and motor carrier stakeholder groups.
- For use by carriers of all sizes in North America.
- Website: www.nafmp.org
NAFMP Steering Committee

- Transport Canada
- Federal Motor Carrier Safety Administration (FMCSA)
- Alberta Transportation
- Alberta Workers Compensation Board
- Alberta Employment and Immigration
- Société de l'assurance automobile du Québec
- Commission de la santé et de la sécurité du travail du Québec
- Alberta Motor Transport Association
- American Transportation Research Institute
Purpose of the NAFMP

- Develop a corporate culture that facilitates reduced driver fatigue.
- Fatigue management education for drivers, drivers’ families, carrier executives and managers, shippers/receivers, and dispatchers.
- Information on sleep disorder screening and treatment.
- Driver and trip scheduling information.
- Information on Fatigue Management Technologies.
NAFMP History

- **Phase 1** - Researchers developed a comprehensive approach to fatigue management intended for drivers, dispatchers and company managers.

- **Phase 2** - Educational and training materials.

- **Phase 3** - Field test with 77 commercial drivers in Alberta, Quebec, and California.

- **Phase 4** - Guidelines and training materials and the launch of the NAFMP website.
What’s in the NAFMP?

- All NAFMP materials and guidance in one location.
- Ten learning modules.
- Implementation Manual.
- Return-on-investment (ROI) calculator.
- Learning Management System.
<table>
<thead>
<tr>
<th>Module</th>
<th>Target Audience</th>
<th>Estimated Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>Module 1: FMP Introduction and Overview</td>
<td>Carrier executives and other managers</td>
<td>45 min</td>
</tr>
<tr>
<td>Module 2: Safety Culture and Management Practices</td>
<td>Carrier executives and other managers</td>
<td>1.5 hours</td>
</tr>
<tr>
<td>Module 3: Driver Education</td>
<td>Drivers</td>
<td>3 hours</td>
</tr>
<tr>
<td>Module 4: Driver Family Education</td>
<td>Driver spouses and family</td>
<td>45 min</td>
</tr>
<tr>
<td>Module 5: Train-the-Trainer for Driver Education and Family Forum</td>
<td>Carrier safety managers and other trainers</td>
<td>3.5 hours</td>
</tr>
<tr>
<td>Module</td>
<td>Target Audience</td>
<td>Estimated Duration</td>
</tr>
<tr>
<td>---------------------------------------------</td>
<td>----------------------------------------</td>
<td>--------------------</td>
</tr>
<tr>
<td>Module 6: Shippers and Receivers</td>
<td>Shippers and receivers</td>
<td>30 min</td>
</tr>
<tr>
<td>Module 7: Motor Carrier Sleep Disorders Management</td>
<td>Carrier executives and other managers</td>
<td>1 hour</td>
</tr>
<tr>
<td>Module 8: Driver Sleep Disorders Management</td>
<td>Drivers</td>
<td>1 hour</td>
</tr>
<tr>
<td>Module 9: Driver Scheduling and Tools</td>
<td>Dispatchers and managers / advanced drivers</td>
<td>1 hour</td>
</tr>
<tr>
<td>Module 10: Fatigue Monitoring and Management Technologies</td>
<td>Carrier executives and other managers</td>
<td>1 hour</td>
</tr>
</tbody>
</table>
Navigating the NAFMP Website

About NAFMP
- What is NAFMP
- Purpose
- Project History
- NAFMP Partnerships and Participants
- FAQs
- NAFMP Implementation Manual

North American Fatigue Management Program
A Comprehensive Approach for Managing Commercial Driver Fatigue
Navigating the NAFMP Website
Navigating the NAFMP Website

About NAFMP
- What is NAFMP
- Purpose
- Project History
- NAFMP Partnerships and Collaborations
- FAQs
- NAFMP Implementation and Deployment

Getting Started
- Motor Carrier Executives and Managers
- Safety Managers and Other Trained Personnel
- Dispatchers and Driver Managers
- Commercial Drivers
- Driver Spouses and Family
- Freight Shippers and Receivers

ROI Calculator

Download
- ROI Calculator User Guide (PDF Document)
- ROI Calculator Download (Excel Spreadsheet)
How will the NAFMP be effective?

- Increased awareness and recognition of the impact of fatigue on driver safety performance.
- Provision of training, education, and motor-carrier best practices.
- Guidance on technology used in fatigue monitoring and supply chain scheduling.
Usage Statistics and Next Steps

- Website launched July 10, 2013.
- On average, 1600 unique visitors per month.
- FMCSA Outreach Plan.
- NAFMP Steering Committee Meeting to gather stakeholder feedback this spring.
Website

www.nafmp.org

Contact information:
Terri Hallquist
theresa.hallquist@dot.gov
(202) 366-1064