# North American Fatigue Management Program (NAFMP)

2014 Transportation Research Board 93<sup>rd</sup> Annual Meeting Federal Motor Carrier Safety Administration Analysis, Research, and Technology Forum January 14, 2014



#### 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.

Module	Target Audience	Estimated Duration
Module 1: FMP Introduction and Overview	Carrier executives and other managers	45 min
Module 2: Safety Culture and Management Practices	Carrier executives and other managers	1.5 hours
Module 3: Driver Education	Drivers	3 hours
Module 4: Driver Family Education	Driver spouses and family	45 min
Module 5: Train-the-Trainer for Driver Education and Family Forum	Carrier safety managers and other trainers	3.5 hours

Module	Target Audience	Estimated Duration
Module 6: Shippers and Receivers	Shippers and receivers	30 min
Module 7: Motor Carrier Sleep Disorders Management	Carrier executives and other managers	1 hour
Module 8: Driver Sleep Disorders Management	Drivers	1 hour
Module 9: Driver Scheduling and Tools	Dispatchers and managers / advanced drivers	1 hour
Module 10: Fatigue Monitoring and Management Technologies	Carrier executives and other managers	1 hour





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About NAFMP

**Getting Start** 

What is NAFMF

Purpose

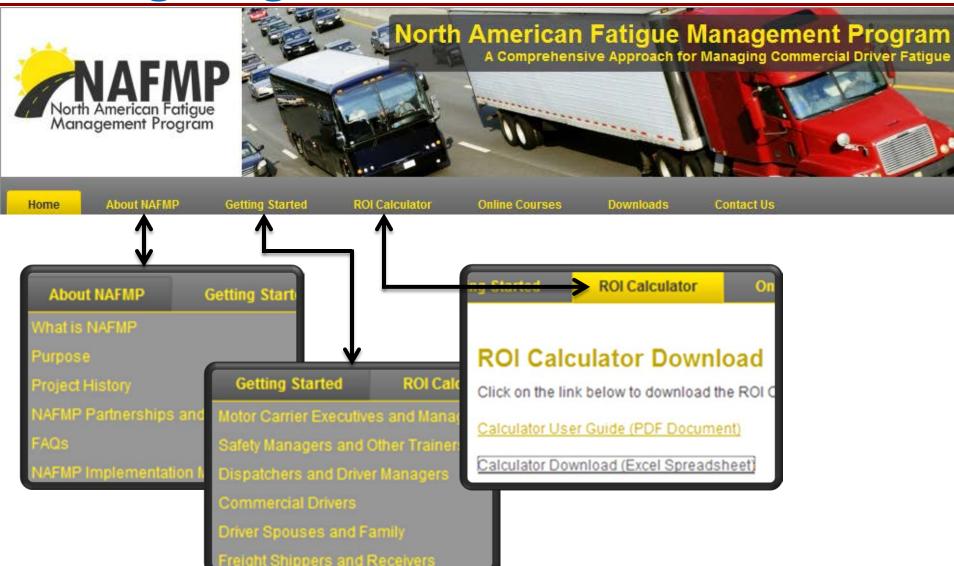
Project History

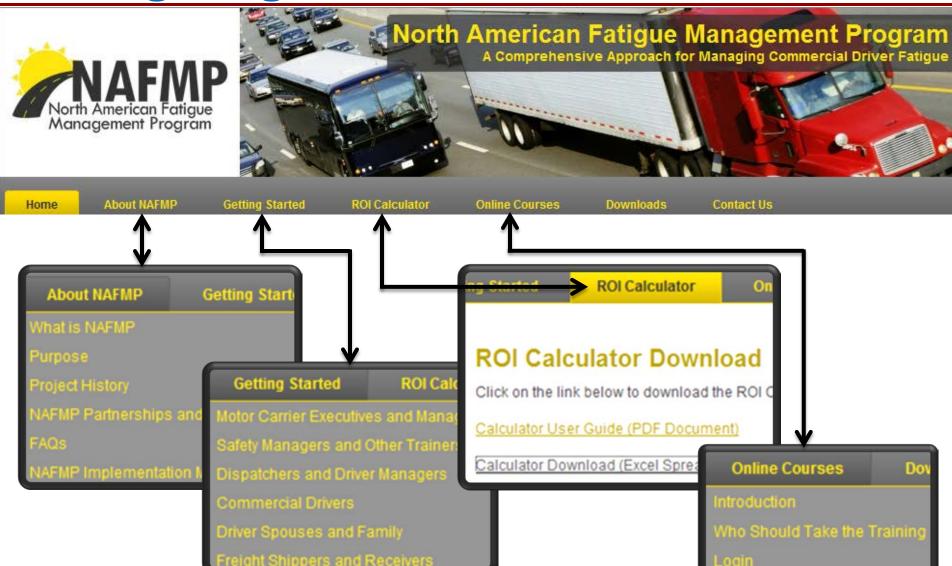
NAFMP Partnerships and Participants

FAQs

NAFMP Implementation Manual







#### 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.
- Identification of factors related to sleep disorders, screening, and treatment.
- 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



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