



U.S. Department of Transportation
Federal Motor Carrier Safety Administration

North American Fatigue Management Program (NAFMP)

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



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Office of Research and Information Technology

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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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Safety Managers and Other Trainers

Dispatchers and Driver Managers

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Driver Spouses and Family

Freight Shippers and Receivers

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ROI Calculator

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ROI Calculator Download

Click on the link below to download the ROI C

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

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

Navigating the NAFMP Website



North American Fatigue Management Program
A Comprehensive Approach for Managing Commercial Driver Fatigue

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Online Courses Dov

- Introduction
- Who Should Take the Training
- Login

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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