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
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 Agreements
- FAQs
- NAFMP Implementation Model

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

Home  About NAFMP  Getting Started  ROI Calculator  Online Courses  Downloads  Contact Us
Navigating the NAFMP Website

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

Home | About NAFMP | Getting Started | ROI Calculator | Online Courses | Downloads | Contact Us

About NAFMP
What is NAFMP
Purpose
Project History
NAFMP Partnerships and
FAQs
NAFMP Implementation

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

ROI Calculator
ROI Calculator Download
Click on the link below to download the ROI Calculator
Calculator User Guide (PDF Document)
Calculator Download (Excel Spreadsheet)

Online Courses
Introduction
Who Should Take the Training
Login

Office of Research and Information Technology
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.
Contact information:
Terri Hallquist
theresa.hallquist@dot.gov
(202) 366-1064