

Pro-Active Fatigue Management System

INTERVENTION LONG BEFORE A DRIVER BECOMES DANGEROUS

ARRB has developed a system to minimise the risk for operators, other people in the immediate area, equipment and managers where heavy equipment (especially vehicles) are in use.

The Fatigue Management System can involve:

- Fatigue Management Training
- Use of Fatigue Monitoring Device
- Monitoring performance data
- Fatigue Management profile
- Management of performance and risk



PRO-ACTIVE MANAGEMENT SYSTEM

The system educates supervisors and operators about fatigue, provides data on individual operator's performance patterns, designs strategies for individuals to minimise the risk of fatigue incidents, and provides an ongoing high level monitoring of the performance of the risk management process.

The Fatigue Management Device is one component in the ARRB Pro-Active Fatigue Management System, and its main use is to provide feedback as an aide to operator assessment and training, and to allow ongoing monitoring of system performance.

The system takes a risk management approach which traces back from the immediate causes of fatigue incidents to identify controls which can operate at the level of those basis causes.

Over the long term, fatigue management education, together with feedback from the devices, will create a better performance level of operators and bring about healthier lifestyles.

ARRB Transport Research now offer three fatigue management programs. Each program is specifically tailored to the organisation, type of work performed and shifts and rosters undertaken. They include:

1. A four-month program which uses the Fatigue Risk Questionnaire, training and follow-up discussion
2. A twelve-month program that uses the Fatigue Risk Questionnaire, training, follow-up discussion, provision of summary information, retraining with a focus on outstanding fatigue issues, establishment of key performance indicators and an assessment of personal and group changes.
3. A twelve-month program that utilises all of the points from program 2 (see above) and includes the use of fatigue monitoring devices. Data collected from the monitors is used as key performance indicators along with data from the Fatigue Risk Questionnaires. The data is also used to plot personal performance profiles to assist in identifying fatigue issues and managing the risk. The devices also warn of any lowered performance of the operators through slowed reaction times to stimuli. This allows counter-measures to be put in place when fatigue events occur.

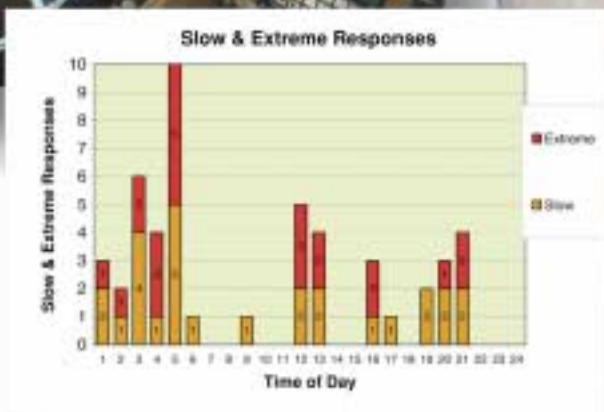


◀ *Fatigue monitoring device installed in a vehicle*



▲ *Monitoring performance data - profile established*

◀ *Data from monitors fed back into fatigue management profile*



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