

## **“NAV CANADA's Fatigue Management Program”**

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### ***Abstract***

This presentation describes NAV CANADA's approach to managing fatigue in the 24/7 operation of air traffic services. The presentation's main focus is on the Fatigue Management Program, which consists of three main components: education, alertness strategies, and scheduling practices. The guiding principles of the program are also discussed. In addition to describing the Fatigue Management Program, the presentation will describe how the company routinely investigates for fatigue during operational incident investigations. The tools to collect and assess the fatigue-related data in incidents will be briefly described. Finally, the presentation will also describe the challenges of balancing scientific principles of fatigue with personal lifestyle preferences, the operational demands of traffic, and collective agreements.

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A copy of Dr. Ann Lindeis' biographical information and presentation slides are provided in Appendix B.

### ***Main Points***

- To provide participants with a balanced approach to managing fatigue in a 24/7 operation.
- To provide participants with an overview of how to incorporate the collection and analysis of fatigue related data into safety investigations.
- To provide participants with an appreciation of the challenges of balancing what is known about managing fatigue from a scientific perspective, with other demands, such