

“Evaluation of Fatigue Management Programs”

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Abstract

Over the last decade or so, Fatigue Management Programs (FMP) have generated a great deal of interest as an approach to managing work and rest in the workplace. The concept of reducing reliance on prescriptive hours of service rules and introducing some flexibility to respond better to operational demands and variations in operator fatigue has considerable appeal. There are a number of potential problems with the FMP approach: arguably the most fundamental is the issue of the most effective FMP design. FMP's could potentially take a wide range of forms and this is one of the main attractions of the FMP. Evaluation of FMP's is therefore an important facet of the introduction of an FMP in any workplace.

This paper will review the issues in evaluating FMP's. It will distinguish evaluations of the potential for a proposed FMP to be effective that should be undertaken before it is introduced and evaluations of the effects of an FMP after it has been introduced. The paper will address the wide range of possible outcomes including those relating to the individual operator, the organization and the business. The paper will describe one of the few examples available of a formal evaluation of an FMP, conducted for long distance road transport in Australia and will discuss its implications for aviation.

Main Points

- To discuss the issues for evaluation of fatigue management programs
- To cover the range of different types of measurement that could be included in an evaluation of fatigue management programs
- To provide an example of an evaluation of a fatigue management program

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