

INFORMATION BULLETIN

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LAUNCH OF THE NORTH AMERICAN FATIGUE MANAGEMENT PROGRAM (NAFMP)



Fatigue may have repercussions on safety in all industries, but this is especially true in the case of professional drivers. Currently, the *Regulation respecting the hours of driving and rest of heavy vehicle drivers* allows drivers to get a minimum number of hours of rest before going back on the road. It also establishes a maximum number of hours of driving and work, after which drivers must stop driving.

However, regulation is only a partial solution to the issue of fatigue. Understanding the causes and effects of fatigue is important to ensure the motor carrier industry has the tools it needs to help drivers and companies implement better practices. The goal of the NAFMP is to meet these education and training needs. This program is the fruit of several years of discussions, research and field testing in the transportation industry, and has been shown to improve fatigue management in professional drivers.

WHAT IS THE NAFMP?

The NAFMP is designed to address and change driver and operational factors to reduce driver fatigue. Ultimately, the goal is to reduce the frequency of fatigue-related accidents and related costs.

10 LEARNING MODULES

The training program includes 10 learning modules tailored to the motor carrier industry. The **training is bilingual and is offered free of charge** on the Web.

Each training module is offered in two formats: a PowerPoint presentation that may be presented by a trainer or viewed on an individual workstation at your own pace, and an online course. Each module includes complete text, narration and notes intended for the trainer giving the PowerPoint presentation.

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Société de l'assurance
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10 NAFMP LEARNING MODULES

1. FMP Introduction and Overview
2. Safety Culture and Management Practices
3. Driver Education
4. Driver Family Education
5. Train-the-Trainer
6. Shippers and Receivers
7. Motor Carrier Sleep Disorders Management
8. Driver Sleep Disorders Management
9. Driver Scheduling and Tools
10. Fatigue Monitoring and Management Technologies

Additional features

- **Implementation manual**

An NAFMP implementation manual intended for motor carriers includes guidelines and tools to implement the program.

- **Return-on-investment calculator and user guide**

A cost-benefit calculator was developed to allow users to estimate the monetary benefits of implementing the NAFMP, either in its entirety or by selecting components in a customized program. The user guide explains the various data input requirements and results generated by the calculator.

- **Learning management system**

Most modules consist of several lessons and quizzes and end with a module exam to support comprehension of the material.

Participants will be able to adopt the NAFMP at their own pace using resources at their disposal and in a way that suits them. They may therefore choose to complete only part of the program by selecting the modules that concern them the most.





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THE PRODUCT OF A COLLABORATIVE EFFORT

Members of the steering committee, who are part of both the public and private sectors in Canada and the United States have worked together to develop the NAFMP over the past years:

Operational and human resources support and financial contribution	Operational and human resources support	Program coordination and development
<ul style="list-style-type: none"> • Alberta Occupational Health and Safety • Alberta Transportation • Alberta Workers' Compensation Board • Commission de la santé et de la sécurité du travail du Québec (CSST) • Federal Motor Carrier Safety Administration • Société de l'assurance automobile du Québec (SAAQ) • Transport Canada 	<ul style="list-style-type: none"> • Alberta Motor Transport Association • American Transportation Research Institute 	<ul style="list-style-type: none"> • Virginia Tech Transportation Institute

TO FIND OUT MORE

- [North American Fatigue Management Program Web site](#)
- [Société de l'assurance automobile du Québec Web section on fatigue Driving and Off-Duty Time for Heavy Vehicle Drivers](#)
- [Driving and Off-Duty Time for Heavy Vehicle Drivers - Fact Sheet](#)

