



U.S. Department of Transportation  
Federal Motor Carrier Safety Administration

# North American Fatigue Management Program (NAFMP)

2014 Transportation Research Board 93<sup>rd</sup> Annual Meeting  
Federal Motor Carrier Safety Administration  
Analysis, Research, and Technology Forum  
January 14, 2014



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Office of Research and Information Technology



# 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](http://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

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- 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?

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- All NAFMP materials and guidance in one location.
- Ten learning modules.
- Implementation Manual.
- Return-on-investment (ROI) calculator.
- Learning Management System.

<b>Module</b>	<b>Target Audience</b>	<b>Estimated Duration</b>
Module 1: FMP Introduction and Overview	Carrier executives and other managers	45 min
Module 2: Safety Culture and Management Practices	Carrier executives and other managers	1.5 hours
Module 3: Driver Education	Drivers	3 hours
Module 4: Driver Family Education	Driver spouses and family	45 min
Module 5: Train-the-Trainer for Driver Education and Family Forum	Carrier safety managers and other trainers	3.5 hours

<b>Module</b>	<b>Target Audience</b>	<b>Estimated Duration</b>
Module 6: Shippers and Receivers	Shippers and receivers	30 min
Module 7: Motor Carrier Sleep Disorders Management	Carrier executives and other managers	1 hour
Module 8: Driver Sleep Disorders Management	Drivers	1 hour
Module 9: Driver Scheduling and Tools	Dispatchers and managers / advanced drivers	1 hour
Module 10: Fatigue Monitoring and Management Technologies	Carrier executives and other managers	1 hour



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Safety Managers and Other Trainers

Dispatchers and Driver Managers

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Driver Spouses and Family

Freight Shippers and Receivers

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ROI Calculator

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Click on the link below to download the ROI C

[Calculator User Guide \(PDF Document\)](#)

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# Navigating the NAFMP Website



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

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Introduction

Who Should Take the Training

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# 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.
- Identification of factors related to sleep disorders, screening, and treatment.
- Guidance on technology used in fatigue monitoring and supply chain scheduling.

# Usage Statistics and Next Steps

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- 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.

# Website

[www.nafmp.org](http://www.nafmp.org)



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