

# DEVELOPING AND IMPLEMENTING A FATIGUE RISK MANAGEMENT SYSTEM

**H**uman fatigue is recognized as being one of the primary causes of accidents in the industrial sector. The costs of fatigue are a major human and financial burden to companies, workers, and their families.

Employers must ensure that everyone in their workplace is aware of potential workplace hazards (such as fatigue), and take steps to prevent workplace accidents, injuries and illnesses that may be a result of fatigue.

As an individual in a supervisory role, you are accountable for managing the fatigue risk of employees within your work unit. The resources and strategies presented in this session have been developed to help you manage fatigue at the various stages, ranging from demanding compliance with legal and regulatory requirements to investigating accidents in the workplace.

Upon completion of this session you will be able to define and recognize the symptoms of fatigue, create a fatigue risk management strategy and develop the Five-Level Fatigue Hazard Control Model. You will learn to design, implement and evaluate a Fatigue Risk Management System (FRMS).

You will learn to:

- Clarify the objectives of the Fatigue Risk Management System (FRMS)
- Develop safe work practices and procedures
- Recognize the effects, signs and symptoms of fatigue
- Assess and document a worker's level of fatigue
- Select appropriate corrective actions
- Develop the Five-Level Fatigue Hazard Control Model
- Detail training specifics such as training content and training methods
- Audit the Fatigue Risk Management System (FMRS)

## CLIENT FEEDBACK:

### University of Alberta

#### Occupational Health & Safety Certificate Program:

Coping with Stress, Conflict and Confrontation, Shiftwork and Sanity, and Developing a Fatigue Risk Management System.

"Dr. Melnychuk could be classified as an exceptional presenter for the following reasons: Service ethic - He cares deeply that his clients get good service. **Consistently high ratings by his clients supported by very positive comments reflect this caring attitude.** In addition, he uses high quality process skills in class to interact and respond effectively to their learning needs. In sum, compassionate service is his forte!

Some comments made by clients taking these course are:

- "Excellent instructor. I would tell everyone I know to take these courses from him"
- "Great speaker, very informative. One of the best I have had"
- "Dr. Melnychuk is an extremely knowledgeable person on this subject matter. His personality is **dynamic and refreshing**, very likable and people orientated"

In summary, I would recommend his **exceptional work delivering courses** to anyone who wants **great service from a great presenter** who is continuously improving what he does for his clients."

– Nimmi Dua, Program Coordinator  
Occupational Health & Safety Certificate Program  
University of Alberta

"The seminar "Developing and Implementing a Fatigue Risk Management System" covered the full spectrum of skills, tools and knowledge **to be successful both in the oil patch and at home.** Dr Melnychuk is an excellent speaker who motivates and energizes his audience."

– G. Cunliffe, Health  
Safety & Training Coordinator  
Penn West

*Continued below*

"It is obvious from their ratings of your session and from their written comments that the **delegates ranked your session as one of the best at our Conference**. Here are some of their comments: "The best session of the entire two days". "Should be offered each year". Eye opening and also entertaining". "Very **informative, entertaining and enlightening**". Great information that is scientifically based". "Great interaction with audience".

We look forward to having you back next year."

– Victoria Woroniak  
Communications Officer  
Saskatchewan Workers' Compensation Board

"On behalf of BlackWatch Energy Services Corp. - Drilling Division, I would like to express our sincere appreciation in regards to your presentation at our Drilling Division Training & Information Seminar. We had a tremendous response to your presentation. In fact many of the employees that attended have asked for additional copies of your hand-out so they might share it with their friends, co-workers (who could not attend) and families. You had a **most profound effect on our senior managers and front line workers** alike and everyone hopes that you can join us again next year. You are truly a great energizing speaker and the mix of humour along **with cold hard facts** made your presentation the most talked about part of our two day seminar. Personally, this was my fourth experience with you and your presentations are always fresh, enthusiastic, on point, stimulating and very entertaining! Thank you again Dr. Melnychuk and I sincerely hope we can continue to call upon you and your expertise in attempts to improve our health & safety program and to benefit all our employees and their families in the years to come."

– Dan Oystryk  
HSE Coordinator  
BlackWatch Energy Services Corp., Drilling Division

"Thank you for presenting your talk on "Fatigue Risk Management" at the Western Conference on Safety in Vancouver. I **appreciated the clarity you brought to the subject** and the suggestions that **we can use** in our workplace immediately."

– Cameron Nicolson, Director  
Safety Management Systems  
The Calgary Airport Authority

"Dr. Don Melnychuk is an excellent speaker and he conveyed points about fatigue management in a thorough and concise manner. He is definitely passionate about the subject of **fatigue and the impact it has on safety**. This seminar **will assist us in improving** our Fatigue Risk Management System."

– Colin Clarke  
Health Safety Environment Coordinator  
Pembina Pipeline

"I have heard Dr. Don for a second time and I still learned new things about managing fatigue. It was very helpful for me to understand the stages of sleep and to develop good sleep habits as well as learn how to assist our drivers in **implementing a healthy lifestyle** management plan. This seminar was very **informative and worth the time investment**."

– A. Mitchell  
Health and Safety Administrator  
Kos Oilfield Transportation