

Commercial Driver Fatigue Training & Management Support under the North American Fatigue Management Program (NAFMP)

-- Training for Carrier Managers, Staff, Drivers, Driver Families, & Customers --

Offered by **Motor Carrier Safety Associates**

<https://carriersafety.info>

A top government safety official once described Hours-of-Service compliance as “Fatigue Management for Dummies.” HOS compliance is legally required and



contributes positively to safety, but HOS compliance alone *does not ensure driver alertness*. In fact, the most important factors affecting driver alertness are not directly addressed by HOS rules. This includes sleep quantity, sleep quality, time-of-day, driver health and wellness, and individual differences in fatigue susceptibility. Managing fatigue requires extensive knowledge of these and related topics.

The North American Fatigue Management Program (NAFMP, www.nafmp.com) enables transport companies to manage driver fatigue proactively in ways that are complementary to HOS compliance. The NAFMP is available to all carriers. It addresses driver fatigue with a comprehensive approach which includes:

- Developing a corporate culture that fosters driver health and alertness.
- Education for drivers, drivers’ families, executives, managers, dispatchers, and shippers/receivers.
- Information on sleep disorders (e.g., obstructive sleep apnea) screening and treatments
- Data-driven company fatigue risk management practices.



The National Transportation Safety Board (NTSB) has issued seven recommendations to the U.S. DOT and industry in support of motor carrier fatigue management programs, and in fact has endorsed the NAFMP. NTSB’s Recommendation H-10-9 recommends that all carriers “adopt a fatigue management plan based on the North American Fatigue Management Program guidelines . . .”

The American Trucking Associations (ATA) has praised the NAFMP: “This program is a great example of industry organizations and regulators stepping forward to identify, provide and promote real solutions to improving the safety of our nation’s highways. ATA has long believed that looking holistically at alertness and fatigue management, rather than relying on a prescriptive Band-Aid approach . . . is the best way to address the complex issues of human alertness and fatigue.”

Training Program. Ten training modules include more than 1,000 slides and 15 total hours of instruction. This includes training for fleet executives, managers, trainers, dispatchers, shippers and receivers, and, most importantly, drivers and their families. The modules present the principles of fatigue and alertness using plain language, visual aids, real-world examples, and frequent opportunities for interaction and feedback. Module quizzes reinforce learning and assess student knowledge. Modules are available via instructor-led PowerPoint slides and online computer-based training. Regardless of the training strategy, an FMP needs to



be implemented within a dedicated management framework which includes corporate policy development, documentation, defined roles and responsibilities, effective communications, and program evaluation.

North American Fatigue Management Program (NAFMP) Training Series

#	Module Topic	Target Audience	Slides	Time
1	FMP Introduction & Overview	Executives & Managers	31	45 min
2	Safety Culture & Management Practices	Executives & Managers	88	1.5 hrs
3	Driver Education	Drivers	158	3 hrs
4	Family Education	Driver Families	95	45 min
5	Train-the-Trainer	Trainers & Managers	230	3.5 hrs
6	Fatigue & HOS Education for Shippers & Receivers	Customers	53	30 min
7	Sleep Disorders Management for Motor Carriers	Executives & Managers	99	1.5 hrs
8	Sleep Disorders for Drivers	Drivers	75	1.5 hrs
9	Driver Scheduling & Tools	Dispatchers & Managers	122	1 hr
10	Fatigue Monitoring & Management Technologies	Executives & Managers	68	1 hr

Motor Carrier Safety Associates (MCSA) helps carriers to design, initiate, and sustain a successful NAFMP program resulting in safety and healthier drivers, happier driver families, reduced crashes and other losses, and a higher level of management professionalism.

MCSA Support for Your Carrier NAFMP

Motor carriers implementing the NAFMP are making an enlightened decision to truly reduce fatigue, improve driver health, and raise their corporate standards. The NAFMP is a comprehensive program, but planning and implementation should be customized to each carrier. MCSA's management support for carriers includes assessment of needs and required resources, creation of NAFMP management structures within the company, training for key managers and driver trainers, and continuous evaluation and improvement. After management-level training, the program may progress to drivers and to other key audiences such as families and shippers/receivers. Contact us to discuss how best your company can start and sustain a FMP. An FMP will help your drivers become healthier and more alert, and will reduce your costs and liability exposure. MCSA will provide the following services:

- Assist corporate executives in understanding FMP challenges and benefits.
- Facilitate development of a safety culture, management structures, and policies.
- Assess your staff capacity to conduct and manage NAFMP training.
- Help you fully use the capabilities of the web-based training and its Learning Management System.
- Provide direct training to trainers, drivers, and other target groups.
- If desired, facilitate outreach to customers to educate them in the role they play.
- Educate management and drivers on Obstructive Sleep Apnea (OSA) and other sleep disorders, including driver screening and treatment.
- Provide unbiased advice on tools and technologies for reducing fatigue.
- Provide certificates of completion to all individuals for completion of training units.
- Provide your carrier with a testimonial letter of successful program participation.

MCSA Principals

MCSA's principals have been leaders in industry, government, research, and training. They are:

Richard W. Carr is an experienced transportation safety executive. This includes executive roles with Quality Carriers, one of North America's largest bulk carriers and Pioneer Transportation, a west coast private fleet bulk carrier. He also managed the safety of a 10,000-vehicle construction fleet and was Managing Director of Transurance Risk Retention Group. Contact: Dickcarr48@gmail.com, (904)646-7925.



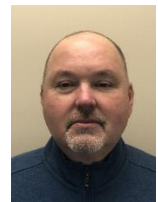
Benoit Cayouette has 27 years of experience in transportation including 8 years in commercial vehicle enforcement and 19 years in Quebec's government service as a motor carrier, truck and safety regulator. Mr. Cayouette has expertise in safe and seamless truck border crossings between Canada and the U.S. He has also worked on North American regulation harmonization. Contact: Benoit.c@oricom.ca, 418-573-6103.



Roger Clarke has worked for 37 years in airline, trucking, and motor coach transport. He served as a provincial safety official in Alberta for 32 of those years. During his government career Mr. Clarke developed partnerships with the truck and bus industry including serving as Chair of the NAFMP from inception to completion. Contact: roger.clarke@shaw.ca, (403) 318-1609.



Len Comtois is the principal of HSSE Consulting Services and has over 30 years of trucking and transportation experience. He has held senior compliance positions with industry leaders in bulk transportation and waste management. Areas of expertise include cargo tank standards, hazardous materials, carrier and workplace safety, border security and environmental compliance. Contact lcomtois2@gmail.com (514) 594-5174.



Barry Davy recently retired as Senior Vice President at Trimac Transportation. His experience in transportation management includes executive roles with Trimac, one of North America's largest bulk highway carriers, and with CP Express & Transport, an international less-than-truckload carrier. He has been responsible for line operations, staff management, marketing, and sales. Contact: barrywdavy@gmail.com, (403) 288-8490.



Rodolfo Giacoman is the Founder of Alertness.Pro which helps professionals improve their well-being, alertness and productivity. Over the last two decades, Rodolfo has helped government, non-profits and private organizations achieve better commercial driver safety through education, information technology, and compliance programs. Contact: rodolfo@alertness.pro, (703) 751-9344.



Jennifer Hall has had a progressive career in justice and road safety in the public, private, and academic arenas. In establishing Sirius Strategic Solutions, she works both nationally and internationally on motor carrier issues. Jennifer is completing her PhD at the University of Victoria and is the Vice-President of the Canadian Association of Road Safety Professionals. Contact jkhall@telus.net or (250) 881-8503.



Peter Hurst has 42 years of government experience in transportation. This includes policy, regulation, and executive management of motor carrier safety for the Ontario Ministry of Transportation. Mr. Hurst has held leadership roles with the Commercial Vehicle Safety Alliance, the Canadian Council of Motor Transport Administrators and the International Registration Program Inc. Contact pdhurst53@gmail.com, (905) 347-0983.



Ronald R. Knipling is President of Safety for the Long Haul Inc. Dr. Knipling is the author of the first and only comprehensive textbook on large truck safety, entitled *Safety for the Long Haul; Large Truck Crash Risk, Causation, & Prevention*. He was the instructional designer and author of the NAFMP Driver (3), Family (4), Trainer (5), and Shipper/Receiver (6) modules. Contact rknipling@verizon.net, (301) 229-2023.



Rob Weston is the Principal of TransWest Consulting and has over 35 years of trucking and transportation experience. He has held senior management positions at the Trucking Safety Council of British Columbia, a BC-based trucking company, and the BC Trucking Association. Areas of expertise include regulation, policy, safety, logistics, human resources, training, and operations. Contact: rkweston@gmail.com, (604) 889-7439.



Condensed NAFMP Seminars & Private Webinars

Not ready to jump full-throttle into a carrier NAFMP? Consider an introductory management seminar and consultation conducted by MCSA at your site, or remotely via private, customized webinars. MCSA's distillation of the program will educate your managers and trainers on the essential fatigue content, and brief your executives on the NAFMP training modules, its website, and its Learning Management System. This essential material can be presented on-site in a one-day seminar, or remotely in five 75-minute private webinars. Contact any of MCSA's principals for a detailed itinerary and other information on this one-day "let's get started" option.

Other MCSA Services

Customized Management Support and Training for Motor Carriers. MCSA offers consultation and training to carriers in 27 topics relating safety and operational management. Following an assessment, a modular program is developed from the following expertise areas:

Key Concepts in Safety	Non-Driving Injuries	Insurance/Risk Management
Crash Risk Factors	Crash Investigation & Accountability	Product Stewardship
Crash Causes & Countermeasures	Claims Administration	Cargo Securement
Fatigue Management Intro	Driver Recruiting & Selection	Cargo Tank Industry Issues
Management Processes	Driver Orientation & Training	Leadership
Compliance Management	Driver Performance Management	Property & Real Estate
Post-Audit Remediation	Driver Pay & Retention	Customer Focus
Truck Size & Weight Guidance	Driver Health & Wellness	Acquisitions
Safety Beyond Compliance		Strategic Planning
		International Operations.

Services for Other Organizations. MCSA also provides consultation, training, and program development for associations, insurance carriers, shippers, and for government agencies.

Conference Presentations and Training. MCSA principals are available to speak at conferences or management meetings on all of the topics listed above. We can also work with you to plan and conduct informative and meetings conferences for motor carrier executives, managers, and supervisors.



For more information, contact any of MCSA's principals or visit:

<https://carriersafety.info>