

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

*Offered by Safety for the Long Haul Inc.
Ronald R. Knipling, Ph.D., Principal
www.safetyforthelonghaul.com*

A top Canadian transport 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, sleep disorders, medications, drowsiness countermeasures, and individual differences in fatigue susceptibility. Managing fatigue in commercial driving requires knowledge of these and related topics.



The North American Fatigue Management Program (NAFMP) is a joint U.S.-Canada program to enable commercial motor vehicle (CMV) transport companies to manage driver fatigue proactively and in ways that are complimentary to HOS compliance. The NAFMP (www.nafmp.com) is available to all U.S. and Canadian 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 treatment.
- More enlightened driver and trip scheduling.
- 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. NTSB’s Recommendation H-10-9 recommends that all carriers “adopt a fatigue management plan based on the North American Fatigue Management Program guidelines . . .”

Training Program. The centerpiece of the NAFMP is its newly developed training program. Ten training modules, totaling 15 hours of instruction, including training for motor carrier 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 and tests reinforce learning and assess student knowledge.



Each training modules is available via two training delivery modes: instructor-led PowerPoint® presentation slides and online computer-based training. Instructor-led training may be delivered in-person or remotely via webinars. Companies may want to employ both training approaches, perhaps beginning with classroom presentations and then transitioning to the web-based option. 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. Dr. Ron Knipling and *Safety for the Long Haul Inc.* can assist carriers in getting their programs started right.

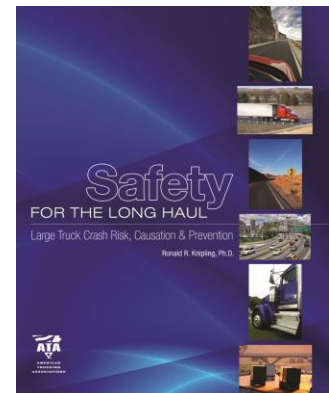
North American Fatigue Management Program (NAFMP) Training Series

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

Trainer/Consultant Qualifications & Services Provided

Dr. Ron Knipling has more than 30 years experience in truck and bus safety, including more than 20 years of involvement in the issue of driver fatigue, and 15 years experience in education and training. He is the author of the first and only comprehensive textbook on large truck safety, *Safety for the Long Haul; Large Truck Crash Risk, Causation, & Prevention*. Dr. Knipling has been involved in the NAFMP concept since its inception, and is the author of NAFMP Modules 3, 4, 5, and 6. This includes the two longest and most essential modules, *Driver Education* and *Train-the-Trainer*. In addition to providing fatigue training, Dr. Knipling provides carrier management training and consultation on a variety of safety topics based on his book and other research. Past clients have included Con-way Freight, J. B. Hunt, and the American Trucking Associations. In December 2010, the International Road Transport Union (IRU) awarded Dr. Knipling its Order of Merit. He is the first American to receive this award.

NAFMP support can be tailored to company needs. The first step to develop a carrier NAFMP implementation plan. The program provides extensive guidance and materials, but detailed plans should be customized to each carrier. After management-level consultation and training, your managers will become subject matter experts. Then the program may progress to drivers and to other key audiences such as families and shippers/receivers. *Safety for the Long Haul Inc.* will provide a testimonial letter of program participation and completion to enable carriers to showcase their safety achievement to employees, customers, and insurance providers. Contact us to discuss how best your company can start and sustain a FMP. An FMP will help your drivers to become healthier and more alert, and will reduce your costs and liability exposure.



Contact:

Ronald R. Knipling, Ph.D., President
Safety for the Long Haul Inc.
 4970 Sentinel Drive #406
 Bethesda, MD 20816-3569 USA

(301) 229-2023
 rknipling@verizon.net
 www.safetyforthelonghaul.com