

## **GETTING STARTED WITH A FATIGUE MANAGEMENT PROGRAM**

This article is on a series of fatigue prepared by the Canadian Petroleum Safety Council's Fatigue Steering Committee.

Organizations are often somewhat apprehensive when developing a fatigue management program. This isn't surprising given that this is often their first foray into addressing fatigue – and that fatigue is seen as a “soft” target.

### ***So Where Do I Start?***

“A House is only as strong as its foundation . . . . .”

Start simply – by looking at your needs and how much fatigue impacts your business. Do job conditions add to fatigue on the job? Is stress a major problem?

These are topics that should be considered in a needs assessment. A needs assessment will allow you to fairly gauge to what degree fatigue is impacting your workplace and workforce.

### ***Where Are We Going?***

Once you have an idea of how much fatigue is a part of your business – look at what you can accomplish by addressing fatigue. Be specific as to what you want to accomplish and measure it!

### ***Horsepower!***

Make sure senior personnel are onside and involved in your Fatigue Management Program. Their commitment will ensure the credibility and momentum of the program. Get them interested and involved as early as possible.

### ***“Oh No! Not Another Committee!”***

It's only a name, but having the right people involved is the most important thing you can do to cover all of your bases. Involve not only management, but the very frontline workers who will be affected. This *group* will help develop your program and keep it relevant. And remember – you don't *HAVE* to call it a committee!

These preliminary steps will get you started in developing your Fatigue Management Program. Program development will be the next process. Fortunately, there are resources available! The Canadian Petroleum Safety Council has developed a document on this very subject. Best of all – it is available free-of-charge! It can be obtained at the PSC's website at [www.psc.cairp\\_summary/guide\\_to\\_safe\\_work\\_practices\\_vol11.html](http://www.psc.cairp_summary/guide_to_safe_work_practices_vol11.html).