

# Develop your own Fatigue Risk Management System!

A Fatigue Risk Management System (FRMS) should be the **foundation** of any fatigue program. It defines the program's **purpose**, its **structure**, **processes** and **procedures**, and its **continuous improvement**.

## IT HAS 5 KEY ELEMENTS...

Always start your FRMS process with an audit or gap analysis of what's currently in place. You need to look at your safety management system through the lens of fatigue.



### Strategic Plans

Identify all core contributing factors (both individual and organizational) for fatigue and assess their impact. From there, targets and objectives can be established, including mitigation strategies.

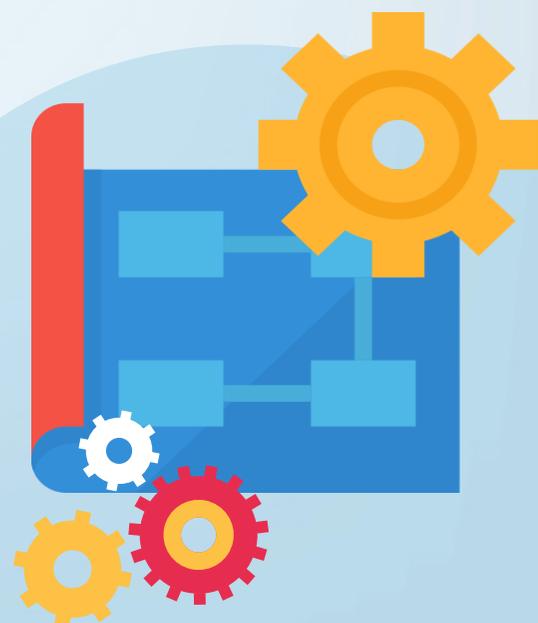


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### Organizational Commitment and Engagement

Ensure organizational commitment to fatigue management. Management commitment, and subsequent worker engagement is the first and most critical component to ensuring successful outcomes.

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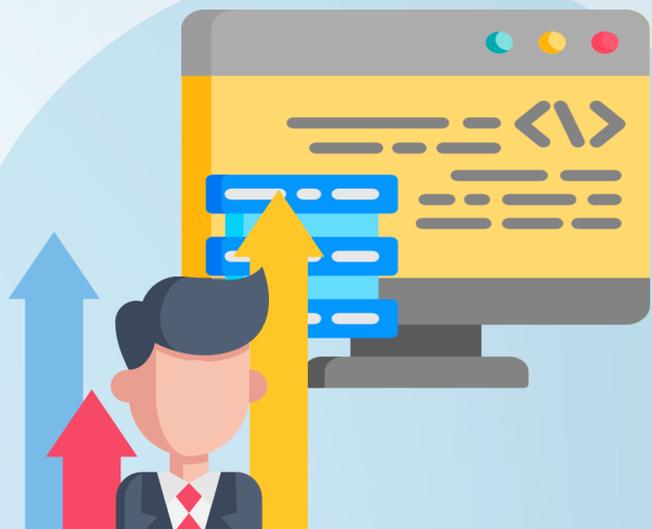
### Implementation Plan

Identify all core contributing factors (both individual and organizational) for fatigue and assess their impact. From there, targets and objectives can be established, including mitigation strategies.

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### Evaluation and Corrective Actions

Establish ongoing monitoring and measurement of the process and the program initiatives. In this element, an auditing process helps to identify key concerns and subsequent corrective actions.



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### Management Review and Continuous Improvement

Historically, this is last element put into place, and it's often the most overlooked. There needs to be a management review process for all of the findings and metrics that arise through program audits and reviews.