

# Figure out your company's Fatigue Management Model!

There are two ways to approach managing fatigue-related risk. Ensure your approach meets your workplace's specific needs.

## Fatigue Management Plan or Program

A Fatigue Management Plan (FMP) is a **tactical approach** to mitigating risk. It can have many different assessment tools or control tactics. This type of plan is typically used for **short durations** and **target a specific issue**. It's best for **smaller employers**, those with **limited resources**, or organizations with **limited safety-sensitive positions**.

Examples of tactical approaches include:

- Education and training
- Monitoring and detection technologies
- Work schedule analysis
- Self-assessment tools
- Sleep disorder screening
- Investigation of incidents for fatigue related factors



A fatigue management plan is most effective when it is supported by a management system. When an FMP fails to deliver results, it is typically because it doesn't have a strong foundation in place to support it, such as a Fatigue Risk Management System (FRMS).



Any FRMS you build should complement your existing safety management system and use the same general principles. Most importantly, it needs to collaborate with, and respect, the stakeholders and their families.

## Fatigue Risk Management System

A Fatigue Risk Management System (FRMS) is driven by objective data and employs evidenced-based fatigue science. It's a **strategic approach that supports tactical efforts**, and is driven by a continuous improvement process. **It requires a Fatigue Management Plan or Program** in order to implement tactical approaches. It's most effective in **larger organizations**, and ones where a **mature safety culture** already exists. Instead of prescriptive rules, it addresses remaining fatigue-related hazards through:

- Prevention
- Intervention
- Monitoring
- Ongoing control

These touchpoints enable operational flexibility and innovation.

**Always modify your fatigue management solutions to address the fatigue problems in your workplace.**

**No solution is one-size-fits-all.**