



Fatigue Management

Procedure

- Your organization **NEEDS** a fatigue management procedure
- Procedure Absolutes:
 - Clear Work Day, Work Hour, and rest period limits
- Exceptions:
 - Job Critical
 - Can employees perform the work safely
 - Approvals
- Does your organization know your fatigue management procedure?

Planning

- Fatigue planning involves **everyone**
- Fatigue plans must drive work schedules.
- The larger the crew, the more complex the plan.
- Align SMEs days off when other jobs are ramping up. (Different Scope)

Fatigue and Heat Stress

- Why do we need to worry about fatigue in the heat?
- Your organization needs a heat stress procedure
- Planning
 - Work Site Planning
 - Task Planning
- Staying Cool
- Rest
- Hydration