

## SAFR INDIVIDUALS™

### REAL-TIME FATIGUE RISK ASSESMENT SUITE 4.0

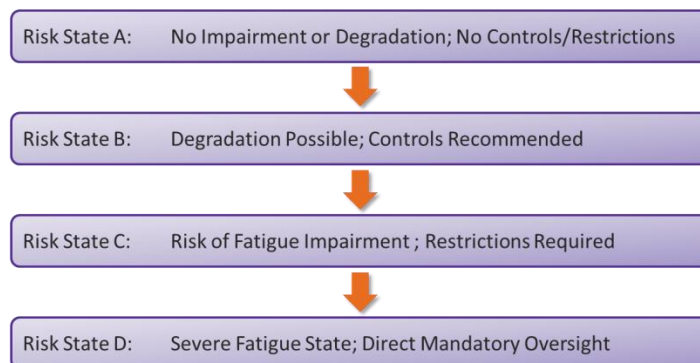
The **SAFR INDIVIDUALS™ Fatigue Risk Assessment Suite 4.0** equips companies with the resources to conduct real-time assessments of human fatigue risks. This **Suite** combines a **SAFR INDIVIDUALS™ Fatigue Risk Assessment Process** (including an Exceptions Policy, Exceptions Form and Assessment Procedures) with the field-validated, objective **I-FRAT™ [INDIVIDUALS Fatigue Risk Assessment Tool]** and an 8-hour **QFA Certification Course** and Support Services. Used as a full **Fatigue Risk Assessment Suite**, this expert-based and field-validated package will enable Supervisors and other front-line leaders to effectively monitor and formally assess human fatigue in the workplace. This **Suite** also enables all leaders responsible for process-safety-sensitive actions and decisions to gain a more granular understanding of human fatigue risks, and the ways that organizational practices and workforce behaviors contribute to and/or mitigate these risks. Taken together, the multiple elements of the **SAFR INDIVIDUALS™ Fatigue Risk Assessment Suite** enable companies to detect fatigue risks in real time, and thereby to prevent serious injuries and organizational accidents while contributing positively to both human and operational reliability.

The **I-FRAT™ [INDIVIDUALS Fatigue Risk Assessment Tool]** is the only objective means of assessing six root and contributory causes of human fatigue in the workplace:

- 1) Actual Work/Rest Pattern in Past 7 Days [Root Cause of Cumulative Fatigue]
- 2) Sleep Quantity & Quality in Past 7 Days [Root Cause of Cumulative Fatigue]
- 3) Actual Length of Shift in Last 24 Hours [Root Cause of Acute Fatigue]
- 4) Sleep Quantity & Quality in Last 24 Hours [Root Cause of Acute Fatigue]
- 5) Circadian Desynchronization [Root Cause of Both Types of Fatigue]
- 6) Job & Task Characteristics [Contributory Cause of Both Types of Fatigue]

When administered by a **Qualified Fatigue Assessor**, the **I-FRAT™** establishes an individual's real-time state of fatigue risk according to a Four-Level Risk Index (see below).

### SAFR INDIVIDUALS™ Analytics Fatigue Risk States



As to the other elements of the **SAFR INDIVIDUALS™ Fatigue Risk Assessment Suite**, the Learning Outcomes for the **QFA (Qualified Fatigue Assessor) Certification Course** are listed below. In addition, the next page of this overview contains the Table of Contents from the 150-page Qualified Fatigue Assessor Handbook. On the last page of this document is a Flow Chart of the **SAFR INDIVIDUALS™ Risk Assessment Process**.

## Learning Outcomes

Upon successful completion of the *QFA Certification Course*, Qualified Fatigue Assessors will have the knowledge and ability to:

1. Explain the purpose and outcomes of an Individual Fatigue Risk Assessment.
2. Identify the primary sources and specific consequences of physical, mental and cognitive fatigue.
3. Identify human fatigue risks in a range of work environments and job duties.
4. Identify the verbal, physical and behavioral symptoms of different levels (mild to severe) of fatigue impairment.
5. Conduct an efficient and effective real-time fatigue risk assessment using the I-FRAT™ Process, Assessment Tool and Face-to-Face Observation Procedures.
6. Select appropriate controls or restrictions on employees for use in mitigating real-time risks to performance reliability from moderate to severe fatigue at work.
7. Model a positive attitude to and personal behaviors for fatigue management.
8. Coach direct reports to use preventive & operational fatigue countermeasures.



## SAFR INDIVIDUALS™

### QFA CERTIFICATION COURSE 4.0

### Qualified Fatigue Assessor Handbook

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# SAFR INDIVIDUALS™ Fatigue Risk Assessment Process

