

Managing fatigue using a fatigue risk management plan (FRMP)

MANAGING FATIGUE USING A FATIGUE RISK MANAGEMENT PLAN (FRMP)

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FOREWORD

Employee fatigue can present risks to health, safety and productivity. In 2006, the Energy Institute's (EI) Human and organisational factors committee (HOFCOM) developed and published *Improving alertness through effective fatigue management*, which explored strategies to manage fatigue. Traditional strategies for managing fatigue, such as limits on hours of work or fatigue awareness training, are – if used in isolation – now recognised as providing limited protection against fatigue risk. Consequently, many stakeholders now recommend a more comprehensive approach to fatigue management. This approach involves the implementation of a fatigue risk management plan (FRMP), which manages fatigue in a risk-based and systematic manner, and fosters shared responsibility between the organisation and its employees.

Reflecting current good practice, *Managing fatigue using a fatigue risk management plan* (FRMP) (1st edition) supersedes *Improving alertness through effective fatigue management*, and:

- Provides a source of reference for site-level managers directly responsible for managing fatigue in the energy and allied industries.
- Defines and describes the general elements that can be expected in an FRMP that complies with industry good practice.
- Provides managers with practical step-by-step guidance on how to build, implement and maintain an FRMP.

Managing fatigue using a fatigue risk management plan (FRMP) is composed of two parts. Part I provides introductory information on the causes of fatigue and its management. Part II provides guidance to managers on the design and implementation of an FRMP. A number of supporting resources are provided in the annexes.

This guidance is particularly directed at organisations that are in the early stages of FRMP implementation. However, operators who already have an FRMP in place should also find the document useful as a summary of good practice against which to compare their existing FRMP. The document is relevant for all major hazard industries, including onshore and offshore operations. Due to the nature of offshore work, where practical, additional guidance for offshore and remote operations has been provided.

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