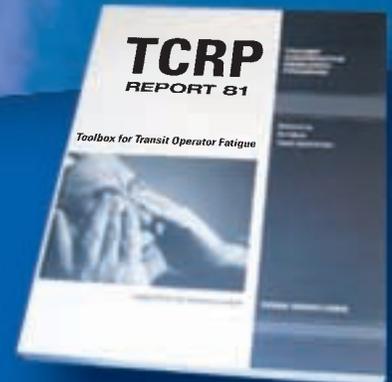


Toolbox for Transit
Operator Fatigue
Putting the Report into Action



A **FREE** one-day seminar designed to introduce you to the major elements of the Transit Cooperative Research Program's Report 81 and how it can benefit your agency.

Why is Operator Fatigue an Issue?

Operator fatigue places transit staff, customers, and the general public at risk. As far back as 1907, Congress recognized this risk and passed the Railroad Hours of Service Act to “promote the safety of employees and travelers upon railroads by limiting the hours of service of employees thereon.” Similar limitations for truck drivers, airline pilots and ship crews have also been implemented. However, in spite of these limitations on operator hours, a number of transportation accidents have still resulted from human fatigue.

An American Public Transportation Association (APTA) survey found that twenty percent of responding transit agencies identified fatigue as a contributing factor to on-road accidents. The APTA survey also found that most transit agencies do not explicitly consider fatigue in their accident and injury investigation procedures. Thus, it is likely that fatigue-related accidents and worker injuries are more common than these statistics indicate.

Operator fatigue not only impacts transit agencies by increasing the risk of accidents, it also plays a significant role in employee attitudes and contributes to lost time. A complex interaction of the timing of sleep, work schedule, environment, nutrition and medication all affect human alertness. Any approach to mitigating operator fatigue must address this spectrum of relevant issues. With proper planning and forethought, human fatigue and the associated risks it carries for the public transit industry can be minimized.

How Does Fatigue Impact Operator Performance?

Fatigue can have serious performance consequences. Researchers in Australia found that after being awake for 17 hours straight, hand-eye coordination decreased to a level equivalent to someone with a blood alcohol level of 0.05 percent. After 24 hours, performance decreased to be the same as someone with a blood alcohol level of 0.10 percent, a level that in some states exceeds the legal limit for “driving while intoxicated.” Operators who start their shifts after being awake for an extended period of time may risk these same impairments and the same serious; potentially deadly, results.

Accidents due to fatigue or loss of alertness are not always the result of not getting enough sleep. In one recent light rail accident, the operator responsible for an accident experienced severe fatigue because of undiagnosed obstructive sleep apnea and fell asleep at the controls. In another, the effects of prescription pain-relieving medications were found to have caused the operator to fail to stop his train.

What Resources are Available?

The Transit Cooperative Research Program’s (TCRP) **Report 81: Toolbox for Transit Operator Fatigue** offers a variety of resources, methods and techniques to deal with transit operator fatigue. A primary goal of the toolbox is to provide a structured process for implementing a fatigue management program that incorporates appropriate tools. Some specific tools are geared toward the individual operator while others are intended for supervisors and managers.

Free One-Day Seminar

NTI is pleased to team up with the FTA's Office of Safety and Security and TCRP to offer a FREE one-day seminar on the toolbox. The purpose of the seminar is to familiarize participants with the various aspects of the report and help agencies get started putting the tools into action. The seminar offers operations managers, safety officials, risk managers, human resource professionals, supervisors, and union representatives a unique opportunity to spend the day with peers focusing on the important issue of transit operator fatigue.

The Goals of the Seminar are to:

- Highlight the potential impact of operator fatigue on individual and agency safety and performance
- Explore tools, strategies, materials and information on fatigue prevention, detection and training
- Relate “success stories” of toolbox applications at transit agencies
- Get agencies started with developing and implementing a fatigue management program

Participants will leave the seminar with a copy of the TCRP Report 81, various National Sleep Foundation materials and other resources. To register simply complete the attached Registration Form.



Seminar Schedule – Locations & Dates



LOCATION	DATE
Baltimore, MD	February 3, 2003
Dallas, TX	February 20, 2003
San Jose, CA	March 10, 2003
Kansas City, KS	March 24, 2003
Providence, RI	April 15, 2003
Seattle, WA	April 28, 2003
Cincinnati, OH	May 14, 2003
Atlanta, GA	June 2, 2003

To register for a seminar complete the **Registration Form** below.

Or visit our website @ www.ntionline.com.

Sessions will run from 8:30am to 4:30pm.

Registration Form – Toolbox for Transit Operator Fatigue

Yes, I will be attending. Please check the session that you will attend.

- Baltimore** February 3
 Dallas February 20
 San Jose March 10
 Kansas City March 24
 Providence April 15
 Seattle April 28
 Cincinnati May 14
 Atlanta June 2

Type of Organization:

- Transit Agency
 Federal Government
 State Government
 Local Government
 Labor Union, (please specify union name and local)

 Contractor
 Consultant
 Other, (please specify)

Name _____

Title _____

Agency Name _____

Business Address _____

City _____ State _____ Zip _____

Telephone _____ Fax _____

Email _____

SESSION CONFIRMATIONS WILL BE SENT VIA EMAIL

Mail or Fax Form to:

Coleen Meyer, National Transit Institute,
 120 Albany Street, New Brunswick, NJ 08901-2163
 Telephone: 732.932.1700 ext. 131 • Fax: 732.932.1707 • Email: safety@nti.rutgers.edu
www.ntionline.com

Organization Size:

- Under 150 Employees
 150 to 1000 Employees
 Over 1000 Employees

PLEASE PRINT

Toolbox for Transit *Operator Fatigue*

Putting the Report into Action

Dates & Locations

February 3, 2003

Baltimore, Maryland

The Baltimore Convention Center

One West Pratt Street

Baltimore, MD 21209

410.649.7000

February 20, 2003

Dallas, Texas

Dallas Convention Center

650 S. Griffin Street

Dallas, TX 75202

214.939.2700

March 10, 2003

San Jose, California

Crowne Plaza San Jose

282 Almaden Boulevard

San Jose, CA 95113

408.998.0400

March 24, 2003

Kansas City, Kansas

Hyatt Regency Crown Center

2345 McGee Street

Kansas City, MO 64108

816.421.1234

April 15, 2003

Providence, Rhode Island

Rhode Island Convention Center

1 Sabin Street

Providence, RI 02903

401.458.6000

April 28, 2003

Seattle, Washington

Washington State Convention & Trade Center

800 Convention Place

Seattle, WA 98101

206.694.5030

May 14, 2003

Cincinnati, Ohio

Crowne Plaza Cincinnati

15 West 6th Street

Cincinnati, OH 45202

513.381.4000

June 2, 2003

Atlanta, Georgia

Grand Hyatt Atlanta in Buckhead

3300 Peachtree Road

Atlanta, GA 30305

404.365.8100



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