

Fatigue Management Plan Regulation Content

The Rail Safety Improvement Act of 2008 (RSIA) requires railroads required to develop a Risk Reduction Program to include a Fatigue Management Plan as part of that program. The Fatigue Management Plan will be designed to reduce the fatigue experienced by safety-related railroad employees and to reduce the likelihood of accidents, incidents, injuries, and fatalities caused by fatigue.

Each Fatigue Management Plan will include:

- Employee education and training
- Opportunities for identification, diagnosis, and treatment of any medical condition that may affect alertness or fatigue
- Effects on employee fatigue of an employee's response to emergency situations
- Scheduling practices
- Methods to minimize accidents and incidents
- Alertness strategies
- Opportunities to obtain restful sleep at lodging facilities
- The increase of the number of consecutive hours of off-duty rest, during which an employee receives no communication from the employing railroad carrier or its managers, supervisors, officers, or agents
- Avoidance of abrupt changes in rest cycles for employees
- Additional elements that the Secretary of Transportation considers appropriate