

# North American Fatigue Management Program (NAFMP): *Learning Modules*

Module	Title	Target Audience	Learning Objectives	Estimated Course Duration
1	<i>FMP Introduction and Overview</i>	Motor Carrier Executives and Managers	<ul style="list-style-type: none"> <li>Understand fatigue management program (FMP) principles and components.</li> <li>Understand the characteristics of fatigue and health and wellness implications.</li> <li>Identify the benefits of using a fatigue management program.</li> </ul>	45 minutes
2	<i>Safety Culture and Management Practices</i>	Motor Carrier Executives and Managers	<ul style="list-style-type: none"> <li>Identify the relationship between safety culture and fatigue.</li> <li>Understand the importance of commitment to fatigue management programs from all levels of the organization.</li> <li>Identify the importance of fatigue communication, empowering drivers, and building trust.</li> <li>Identify how to create a FMP committee.</li> <li>Creating policies for recognition.</li> <li>Identify how to conduct measure FMP effectiveness.</li> </ul>	1.5 hours
3	<i>Driver Education</i>	Commercial Drivers	<ul style="list-style-type: none"> <li>Understand the principles of driver fatigue, alertness, sleep, and wellness.</li> <li>Understand how to apply the knowledge to work duties.</li> <li>Scheduling and hours of service.</li> </ul>	3 hours
4	<i>Driver Family Education</i>	Driver, Spouses, and Family	<ul style="list-style-type: none"> <li>Understand commercial driver fatigue, alertness, sleep, and wellness.</li> <li>Understand how to apply this knowledge to support better sleep and wellness at home.</li> </ul>	45 minutes
5	<i>Train-the-Trainer for Driver Education and Family Forum</i>	Carrier Safety Managers and other Trainers	<ul style="list-style-type: none"> <li>Understand the principles and methods of effective teaching.</li> <li>Understand the structure and procedures of FMP.</li> <li>Understand principles and impacts of driver fatigue, alertness, sleep, and wellness.</li> <li>Promote fatigue management principles and commitment to a culture of safety.</li> </ul>	3.5 hours
6	<i>Shippers and Receivers</i>	Freight Shippers and Receivers	<ul style="list-style-type: none"> <li>Understand the principles of commercial driver fatigue, alertness, and health.</li> <li>Understand the factors that affect fatigue and alertness.</li> <li>Understand fatigue management challenges and Hours of Service regulations.</li> <li>Promote a team approach to driver compliance, health, and safety.</li> </ul>	30 minutes

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7	<i>Motor Carrier Sleep Disorders Management</i>	Carrier Executives and Managers	<ul style="list-style-type: none"> <li>Understand responsibilities and roles in identifying, treating, and managing sleep disorders.</li> <li>Identify how to develop and implement a sleep disorders management program.</li> <li>Promote driver support and encouragement.</li> </ul>	1.5 hours
8	<i>Driver Sleep Disorders Management</i>	Commercial Drivers	<ul style="list-style-type: none"> <li>Understand sleep disorders, screening, and testing.</li> <li>Understand the regulations and guidelines that impact commercial drivers with sleep disorders.</li> <li>Identify treatments and benefits.</li> <li>Identify how sleep disorder management contributes to fatigue management.</li> </ul>	1.25 hours
9	<i>Driver Scheduling and Tools</i>	Dispatchers and Driver Managers	<ul style="list-style-type: none"> <li>Identify factors in driver schedules that contribute to fatigue.</li> <li>Identify how to maximize the benefits of scheduling tools.</li> <li>Identify how to develop strategies to manage fatigue and how they can be customized to suit the operation.</li> <li>Promote the importance of shared responsibility in reducing fatigue.</li> </ul>	1 hour
10	<i>Fatigue Monitoring and Management Technologies</i>	Motor Carrier Executives and Managers	<ul style="list-style-type: none"> <li>Identify and understand fatigue management technologies and their role within a safety culture.</li> <li>Identify current technologies available.</li> <li>Understand the costs and benefits of implementation.</li> <li>Identify how to develop and deploy technologies based on operational guidelines within a FMP.</li> </ul>	1 hour
ALL				<i>Total Program:</i> 14.75 hours

(Adapted from NAFMP, 2014 at: <http://www.nafmp.org/en/online-courses/who-should-take-the-training.html> )