



Fatigue Management Best Practices

Log Hauling

- **Objectives**

- Develop fatigue management policy & objectives (corporate and operational)
- Promote/Implement/utilize fatigue risk management system for workforce
 - ✓ Include drivers/contractors in strategic conversations regarding management systems, strategies, objectives and expected outcomes.

- **Organizational Strategies – Communications and Training**

- Promote and support fatigue awareness and management training within the workforce
 - ✓ Schedule additional Fatigue Management Workshops at operations. Ensure strong attendance from staff, contractors and drivers.
- Support workforce in technological solutions to fatigue monitoring and management.
 - ✓ Acquisition and effective use of technologies i.e. Readiband or other fatigue risk management technologies.

- **Organizational Strategies - Shift Scheduling**

- Minimize the overall length of nightshifts (daily and annually)
- When feasible use graduated/transitional scheduling into night shift
- Schedule shift change to nights over weekends where possible
- Provide advanced notice of day to night schedule shifts
- Extend hauling windows annually (reduce daily hours and increase operating windows where feasible)
- Expand the use of reloads/sort yards
- Analyse night shift cycle times' to determine best combinations to reduce fatigue and/or promote fatigue intervention strategies (i.e. may require alternating/variable loading locations/CP's/blocks)
- Encourage the use of two drivers to breakup long hauls. (Example: one driver works 11 hours and gets load from bush to central location, second driver switches and takes load to dump at mill, fuels up and return to central location)
- Ensure all scales have a delivery schedule.
- Schedule long hauls (2 tripper) for later arrival times to minimize night hours.
- Consider 24 hour hauling so trucks can double shift.

- **Organizational Strategies - Camps**

- Improve conditions for day time sleep environment for workers within work camps.
 - ✓ Blackout curtains on night shift workers rooms.
 - ✓ Sound proof doors to be used.
 - ✓ Nightshift workers to be located in separate bunkhouse.
 - ✓ Generators to be located to minimize noise.
 - ✓ Parking lot to be located to minimize noise.
 - ✓ Cleaning crew to work same shift as night shift workers.

- **Driver Strategies**

- Encourage/support healthy life style. (nutrition, exercise and sleep)
- Encourage/support sleep disorders assessment.
- Encourage/support use of targeted treatment programs to improve sleep.
- Encourage/support the acquisition of medical technology in treating sleep disorders.
- Allow for work related breaks when required. i.e. opportunities for recuperation, napping, or physical activity in order to prevent or mitigate fatigue.