

DB&A helps you get your fatigue risk management (FRM) effort up and running quickly by providing you with the essential components to address fatigue risk and increase operational safety. The four components in our *FRM Quick Start Toolkit* include best practice templates for: an FRM Plan, an FRM Steering Committee Charter, an FRM process architecture, and fatigue modeling support.

Here's how our *FRM Quick Start Toolkit* can jump start your FRM efforts...

FRM Quick Start Toolkit

DB&A has gathered FRM practices from many industries, and we have learned from the experts what fatigue science tells us about human physiology and fatigue. We have combined this knowledge with our own operations management expertise to create our *FRM Quick Start Toolkit* that enables you to quickly get up and running in Fatigue Risk Management. The components of the toolkit are shown below.

Fatigue Risk Management Plan

DB&A has experience in helping clients develop fatigue risk management plans that define the organization's commitment and resources needed to address fatigue risk. Most plans integrate with the overall safety management system (SMS) of the organization. Quickly leverage our best practice *FRM Plan* templates to develop a unique and actionable work plan, specific to your organization, to close identified FRM organization, awareness, process and/or culture gaps.



Fatigue Risk Management Steering Committee

As with any enterprise-level change or risk management effort, to be most effective an FRM effort must be driven from the top of the organization. DB&A is recognized for our change and risk management expertise. We have experience helping clients identify the leadership and stakeholder involvement needed for FRM success. Quickly charter and establish a fatigue risk management steering committee by adapting and adopting our *FRM Steering Committee Charter Templates* that are based on best practice approaches to FRM oversight and direction.



Fatigue Risk Management Services “FRM Quick Start Toolkit”



DB&A
10 YEARS OF EXCELLENCE

Fatigue Risk Management Process Architecture

DB&A are recognized experts in business process reengineering and operations management. We have directed enterprise level process reengineering efforts and have helped clients develop a repeatable process capability in FRM. Quickly adapt our DB&A *Fatigue Risk Management Process Architecture* and deploy best practice FRM business processes by following our structured and repeatable approach to FRM across your organization.



Fatigue Modeling Tools

Bio-mathematical models developed by the fatigue science community can provide organizations with valuable insights into the interrelated effects of sleep and circadian rhythms on worker performance as they progress through work schedules. The base science of the different models may differ (some focus on alertness, others on fatigue) but all utilize adjustable algorithms. Some of these adjustments include: sleep quality and quantity; anchor sleep vs. napping; work schedules; chronotypes; way-points; and time-zone impacts. DB&A can help you quickly understand the fatigue modeling tool landscape and the differences between available tools, and determine which tool is best suited for your organization. We can then provide the support required to begin modeling fatigue and/or alertness in your operation environment.



Getting Started

If you are trying to determine where to begin your efforts to improve the fatigue-related safety posture of your organization, DB&A can help. Our Fatigue Management Maturity Model, FRM³ is a great way to assess where your organization is relative to where it needs to be with FRM efforts for your industry. With this knowledge in hand, we can then jump start your FRM efforts with our *FRM Quick Start Toolkit*. Benefit from our experience and get started improving your operational safety today.

To discuss this or any of DB&A's Fatigue Risk Management services contact us at the email address or telephone number below. We're here to help you make the transition **from science to safety**.