

DB&A helps your organization respond to industry requirements for a Fatigue Risk Management System (FRMS). We do this by bringing a comprehensive set of proven services and the expertise needed to help you quickly and collaboratively develop and implement an FRMS in your operational environment.

Here's how we can help ensure the success of your FRMS efforts...

Regulators and policy makers in many industries are now requiring organizations to implement an FRMS and/or adhere to fatigue risk management regulations. The International Civil Aviation Organization (ICAO) and Federal Aviation Administration, the Federal Railroad Administration, the American Petroleum Institute (API), the Joint Commission in healthcare, the US Nuclear Regulatory Commission, and others, have all issued some level of guidance on fatigue risk management.

			
<b>AVIATION</b> <ul style="list-style-type: none"><li>• ICAO FRMS SARPS</li><li>• FAA Part 121 Regs</li></ul>	<b>PETROCHEMICAL</b> <ul style="list-style-type: none"><li>• ANSI/API RP 755</li></ul>	<b>HEALTHCARE</b> <ul style="list-style-type: none"><li>• AGME Duty Hours</li><li>• JC Sentinel Event Alert</li></ul>	<b>NUCLEAR POWER</b> <ul style="list-style-type: none"><li>• NRC Fitness for Duty</li></ul>

## FRMS - Defined

An FRMS is a set of processes that your people can follow to work collaboratively to assess operational fatigue risk, and design appropriate mitigation strategies to reduce risk to acceptable levels. In many industries prescriptive regulations and work rules attempt to limit employee duty time and protect adequate recuperative time off in order to reduce the levels of fatigue in the workplace. This is particularly important in safety-related 24/7 or trans-meridian operations, where employees are asked to work rotating duty periods, including overnight shifts.



While the object of these regulations is enhanced safety, there are often alternative ways to achieve the same levels of safety expected by the one-size-fits-all regulation. An FRMS is a scientifically based and data driven approach to balancing prescriptive work rules with more flexible guidelines that are appropriate for the organization, and yet still achieve expected levels of safety.

## FRMS - Key Components

FRMS processes align with the safety risk management processes which you may already follow.

FRM POLICY

FRM ANALYSIS

FRM ASSURANCE

FRM PROMOTION

## FRMS - Planning & Implementation

DB&A will provide the help you need to jump-start your FRMS efforts on all four FRMS process areas. The services we provide are identified below.



## Getting Started

DB&A staff and our highly regarded fatigue science advisors have years of direct involvement in developing FRMS solutions for our clients. We have worked in some of the most complex operational environments helping clients address fatigue risk and design and implement fatigue risk management systems that meet the unique needs of their industry and their operation. Our experience combined with our recognized expertise means that we are the best choice to assist you in planning and implementing your FRMS efforts.

To discuss 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.**