Fatigue Management as a Component of Safety System Management

by Ben Winfree
Alertness and Performance Management
Safety System Management

- Safety System Management is the Optimization of all aspects of Safety within the constraints of:
  - Operational Effectiveness
  - Time
  - Cost
What is a System?

- An entity with an objective
- Functions in an environment
- Uses boundaries to define elements
- Has a hierarchy of functions
This is a System:
This is also a System:
What is a Safety System?

- Identifies hazards
- Assess the risks
- Risks = Probability X Severity
- Implements effective risk controls
- Monitors results
Benefits of Safety System Mgt

- Acquire knowledge and skills
- Reduces Cost
- Target resources
- Manage safety risks
- Communicate effectively on safety
- Builds a positive safety culture
Human Fatigue is an Insidious Threat to Aviation Safety

- Impairments to Alertness and Performance
- Leads to Error Vulnerability
Causes of Human Fatigue

- Sleep Loss
- Circadian Disruption
Sleep Loss

- Sleep: A Physical Need
- On Average: 8 Hours of Sleep
- Need varies per individual (6-10)
- Need Unmet = Sleep Loss = Debt
- Age, Alcohol and Sleep Disorders
Circadian Disruption

- Altered Sleep Patterns
- Circadian Rhythms
- Circadian Pacemaker is located in the Brain
- Takes cues from the environment
- Light-Dark cycle: most prominent
- Circadian Trough: 0300-0500
Error Vulnerability

- Traditional view and solution
- Dr. Petersen defines human error
- Human error results from: an overload, a decision or traps
Errors are not random events

- Research Study:
- Aviation Maintenance
- Hospital nurses and Patient Safety
Fatigue Management Program

- Human Factors
- Scheduling
- Education
- Commitment from Senior Mgt and operating personnel
- Reduces cost and improves profit
Conclusion

- Fatigue permeates our society
- Can not be eliminated
- Contributes to human error
- Physiological Mechanisms cause
- Fatigue Mgt Program manages risk
- Needs Commitment: Mgt & Labor
- Maintains Positive Safety Culture
References

For More Information:

- Ben Winfree
- Alertness and Performance Management
- PO Box 690755
- Charlotte, North Carolina 28227

- 704-421-4757 or bhwinfree@msn.com