

Fatigue Toolkit

1 Introduction

The fatigue toolkit has been developed to provide information, advice and links to good practice in fatigue management and supports the delivery of the mandatory requirements in the Works Information Section 19.4. 14.

The toolkit was developed following a review of fatigue management practices on Crossrail, good practice in other industries and available research.

2 Content

1. Fatigue risk assessment

Assessment of fatigue risk involves a stepped approach from general desktop assessment of risk, through task based risk assessment and individual risk assessment (after first month of shift work and three monthly thereafter)

2. Fatigue training

The fatigue training has been developed to raise awareness of the workers, supervisors and managers. The training is accompanied by handouts and a quiz

3. Monitoring

Monitoring is part of the overall risk management process and involves self assessment by the worker and supervisor/line manager assessment.

4. Incident management

Fatigue is a known causal factor in accidents and incidents and this document provides a list of root causes to be used as part of the incident investigation process.

5. Good practice guidance

The following good practice guidance will help to inform the fatigue risk management process.

a. Crossrail Fatigue Management Overview

Developed to give an overview of good practice in the Construction industry and contains a series of fatigue risk management tables.

b. HSE Managing shift work: health and safety guidance

<http://www.hse.gov.uk/pubns/books/hsg256.htm>

c. HSE Fatigue and risk index tool

<http://www.hse.gov.uk/research/rrhtm/rr446.htm>

d. ORR Managing rail staff fatigue

http://orr.gov.uk/_data/assets/pdf_file/0005/2867/managing_rail_fatigue.pdf

- e. ORR Good practice guidelines – fatigue factors

http://orr.gov.uk/_data/assets/pdf_file/0003/23682/good-practice-guidelines-fatigue-factors-november-2016.pdf

- f. RSSB Managing Fatigue – A good practice guide RS/504

[https://www.rssb.co.uk/rgs/standards/RS504 Iss 1.pdf](https://www.rssb.co.uk/rgs/standards/RS504%20Iss%201.pdf)

3 Delivery

Sites are requested to review their fatigue management plans by the end of Period 1 2017/18 and implement the necessary good practice in fatigue risk management.

Crossrail Health & Safety Advisers will monitor the implementation of new arrangements at the beginning of Period 4 2017/18.