

Wake up to revised Fatigue Management



Why?

- Fatigue is a high risk in Network Rail, due to complex rostering, shift working and long working hours,
- The industry has suffered from a number of accidents, since 1988 there have been 52 fatalities and 612 persons injured where fatigue was noted as a contributory factor,
- We care about everyone's health and wellbeing and want you to be as safe as possible,
- We want to improve the way we support and educate our workforce.

What will change?

- Improved fatigue management,
- Publication of a revised modular fatigue standard which will cover all persons working on our infrastructure,
- Introduction of trigger points for fatigue management, resulting in fatigue management discussions and plans at group or individual levels,
- Education for Network Rail employees to raise awareness of fatigue, notice the signs of fatigue and tools to effectively manage it,
- Improved work life balance.

How will the changes be implemented?

- Publication of the Principles and Fatigue Risk Index Module in June, others to follow,
- Change Impact Assessments to be conducted across the business,
- Detailed communications at the time of each module publication,
- Educational support and tools,
- Enabling activities to assist the readiness and transition period,
- Strengthened assurance, compliance and investigation protocols.

When will these changes be published and come into effect?

For the latest information, please regularly visit our Fatigue page on Safety Central

<https://safety.networkrail.co.uk/fatigue-improvement-programme/>

