



Fatigue Standard - OHS/003

Welcome to this week's discussion

The focus this week is information on the new fatigue standard NR/L2/OHS/003

When is it published?

The new standard is a revision to the previous standard. It was published in a modularised format in **December 2019**.

What is changing?

The previous standard only covered safety critical workers, but the new standard **applies to everyone** within Network Rail and those working on Network Rail infrastructure, assets & systems.

Unlike the previous standard it does not impose limits on what people can work but instead **introduces 'trigger points'** where mitigating actions are required.

It reinforces a consistent risk management based approach to tackling fatigue in our business.

When do I have to comply?

In recognition of the need to embed fatigue management behavioural and cultural change, the business has set the compliance date to be **October 2022**. This may feel like a long way away but there is a lot of work we can all be doing now to make the transition in time.

What should I be doing now?

There are a number of things teams and individuals can be doing:

- Have a read of the standard, available on the standards website
- Make contact with your local fatigue reduction lead to learn more about your area's local transition planning
- Join the Fatigue Reduction Yammer page to receive regular fatigue related posts and information
- Include a discussion on fatigue in your team meetings and 1-1s.
- Start to educate yourself and your team on all aspects of fatigue and how it can be managed





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A Summary

NR/L2/OHS/003: Core standard, provides definitions and principles that are consistent across all of the subsequent five modules

NR/L2/OHS/003/01: Module 1 covers the use of the Fatigue Risk Index (FRI) calculator and interpretation of the output.

NR/L2/OHS/003/02: Module 2 covers principles for managing fatigue through effective design of rosters / working patterns.

NR/L2/OHS/003/03: Module 3 covers the process for managing exceedances to working time limits and triggers.

NR/L2/OHS/003/04: Module 4 covers the process for creation and management of fatigue assessments and management plans.

NR/L2/OHS/003/05: Module 5 covers the principles of working time and on-call in relation to fatigue management.

Discuss in your teams:

- How you currently manage fatigue and what you need to do to get compliant with the new standard
- What will you commit to do now to manage your own and your colleagues fatigue?
- Do you know where to access the standard?
- Do you know where to obtain further information on the management of fatigue?

	Trigger Level	Trigger	Minimum Limitations to be imposed	Action if triggered
Working Week (2 stage trigger)	1	60 Hours	No lookout duties, No IWA, No safety critical duties without additional controls, Minimum 12 hrs rest before next period of work.	1. Assess fatigue. 2. Identify and implement controls. 3. Document findings and actions.
	2	72 Hours	No lookout duties, No IWA, No safety critical duties, No management of trains, No driving duties, No OTP operation, No OTM operation, Minimum 24 hrs rest before next period of work.	
Working Day Length	General	More than 12hrs	To be agreed following fatigue assessment.	
Rest Period	General	Less than 12hrs	To be agreed following fatigue assessment.	
Continuous Working Pattern	General	More than 13days/nights	To be agreed following fatigue assessment.	
Daytime FRI	General	35 or more	To be agreed following fatigue assessment.	
Nighttime FRI	General	45 or more	To be agreed following fatigue assessment.	
FRI Risk Score	General	1.6 or more	To be agreed following fatigue assessment.	
Door to Door Time.	General	14 hrs or more	To be agreed following fatigue assessment.	