



Fatigue Improvement Programme

Quarterly Newsletter



V2.0, December 2018

We hope you enjoy the second issue of the Fatigue Improvement Programme Quarterly Newsletter. We want to share with you what we are doing as a programme, what the business is doing and also feature our very own Fatigue stories. We would like to take this opportunity to wish you a Merry Christmas and a Happy New Year.



Fatigue makes fools of us all. It robs you of your skills and your judgment, and it blinds you to creative solutions. It's the best-conditioned athlete, not the most talented, who generally wins when the going gets tough.

Harvey Mackay

The Fatigue Programme Work Stream Leads – Welcoming Elinor and Dean



Julian Hendon
Programme



Amanda Webster
Education



Dee Balderson
HR



Nicholas Livesey
Standard



Elinor Jackson
Business Change Support



Dean Mtumbi
Business Change Support



Stephen Barbour
Industrial Relations

Latest News!

A new Fatigue Improvement Programme delivery model with the business engagement leads has been created. The below diagram shows our operating model and how we are going to deliver and embed the change of this national change programme within the business.



The Programme team have continued to deliver awareness briefings across the business, to various audiences at various locations. Our engagement leads are also starting to deliver their own briefings within their respective parts of the business. The Fatigue Improvement Programme team have been preparing to move away from our awareness educating phase into the understanding phase in January. January 2019 will see the launch of our education workstream, focusing on what the business requires to effectively educate our workforce on Fatigue and the programme. The workstream will be producing communication material, and will investigate options for training for the business through learning needs analysis.

For all our current educational material, please visit our Safety Central page. Your feedback and thoughts are welcomed on the documents produced.

The 'Fatigue Risk Management Principles Core Standard' and module 1 'Fatigue Risk Index Principles' have been published, whilst module 2 'Roster Design and Working Patterns' is being readied for publication. Module 3 'Exceedance Management' is currently being written and lessons learnt from the previous two modules will be incorporated into the modules' development.

We hope you are able to take part in Fatigue Awareness Week from 11th to 15th March 2019. More information will be made available in January on Yammer / Safety Central.

My Fatigue Story – Julian Hendon



Quite a few years ago, when I was not long out of my apprenticeship (we are talking nearly 30 years ago), I was tasked with writing a software programme for a coal unloading plant. This needed to unlock, open and then close doors of HAA wagons without the train stopping. This had never been achieved before so was a big ask for me. As I said, I was not long out of my apprenticeship and therefore very keen to please. We had a model train set that was used to test the software and I worked many long hours to get the software right. Of course, being a young man, I thought I was invincible and could burn the candle at both ends. How wrong was I. Tiredness set in and this quickly turned to fatigue. It culminated with me collapsing early one morning in the bathroom as I got myself ready for another long 15-hour day. I had been doing this for a few weeks with no day off. I was "out cold" for a few minutes and gave my wife a very nasty shock. For me, once I had come around, the only sign was a carpet burn on my face but for my wife the worry was immense. Suffice to say I had a period of enforced rest and a lesson well made.

Please share your fatigue stories with us to share in future newsletter publications.

If you have any questions, would like to be added to the newsletter distribution list, would like to feature in the My Fatigue Story section or have some Fatigue news to share, please contact FatigueImprovementProgramme@networkrail.co.uk

Wake up to revised Fatigue Management

Join the movement on Yammer & Safety Central – Fatigue Improvement Programme