



UNITED STATES
DEPARTMENT OF TRANSPORTATION

Federal Motor Carrier Safety Administration

Commercial Motor Vehicle
Driver Fatigue Research

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Office of Analysis, Research, and Technology

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Trucking Fatigue Meter

1

Receive HOS data

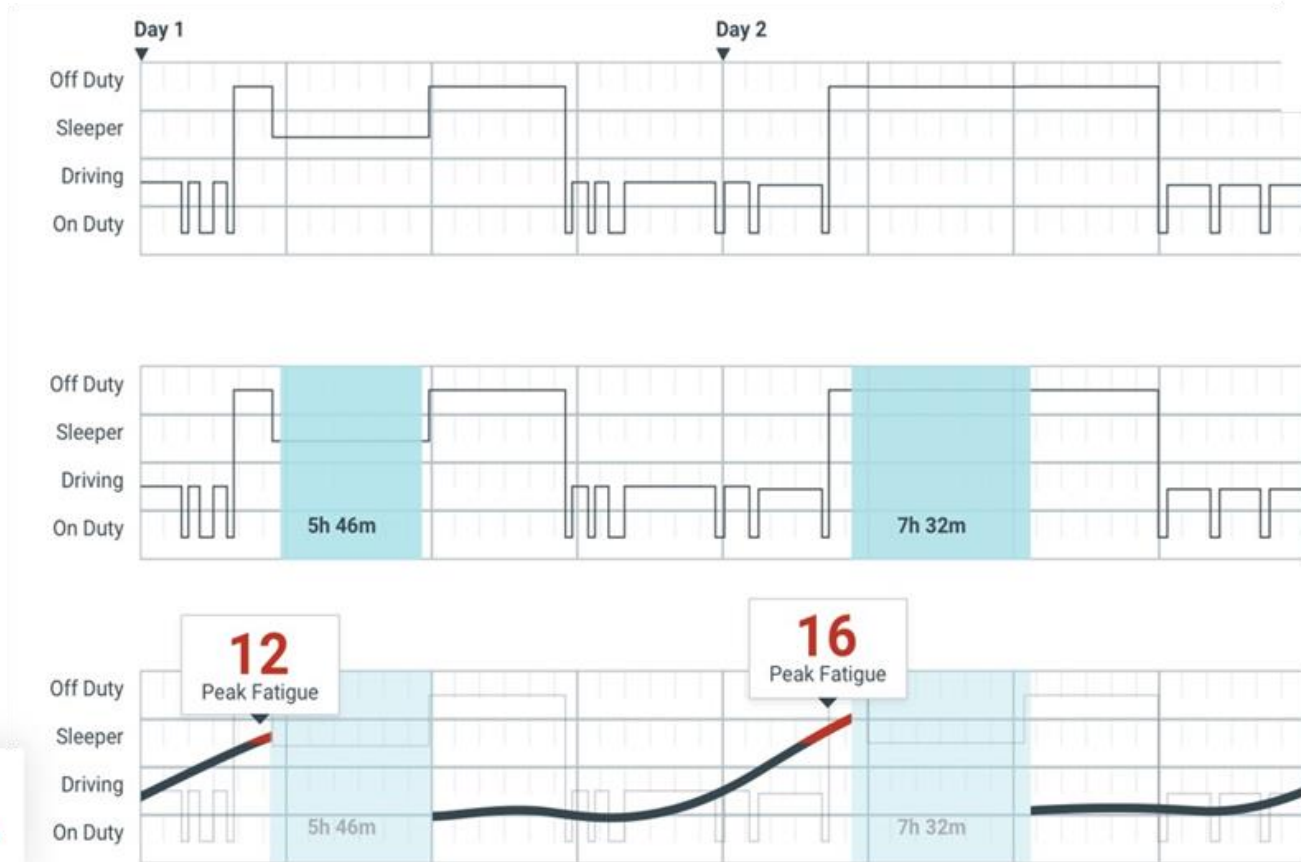
2

Estimate sleep

Off-Duty Behavior Model
accuracy between
85% to 95%

3

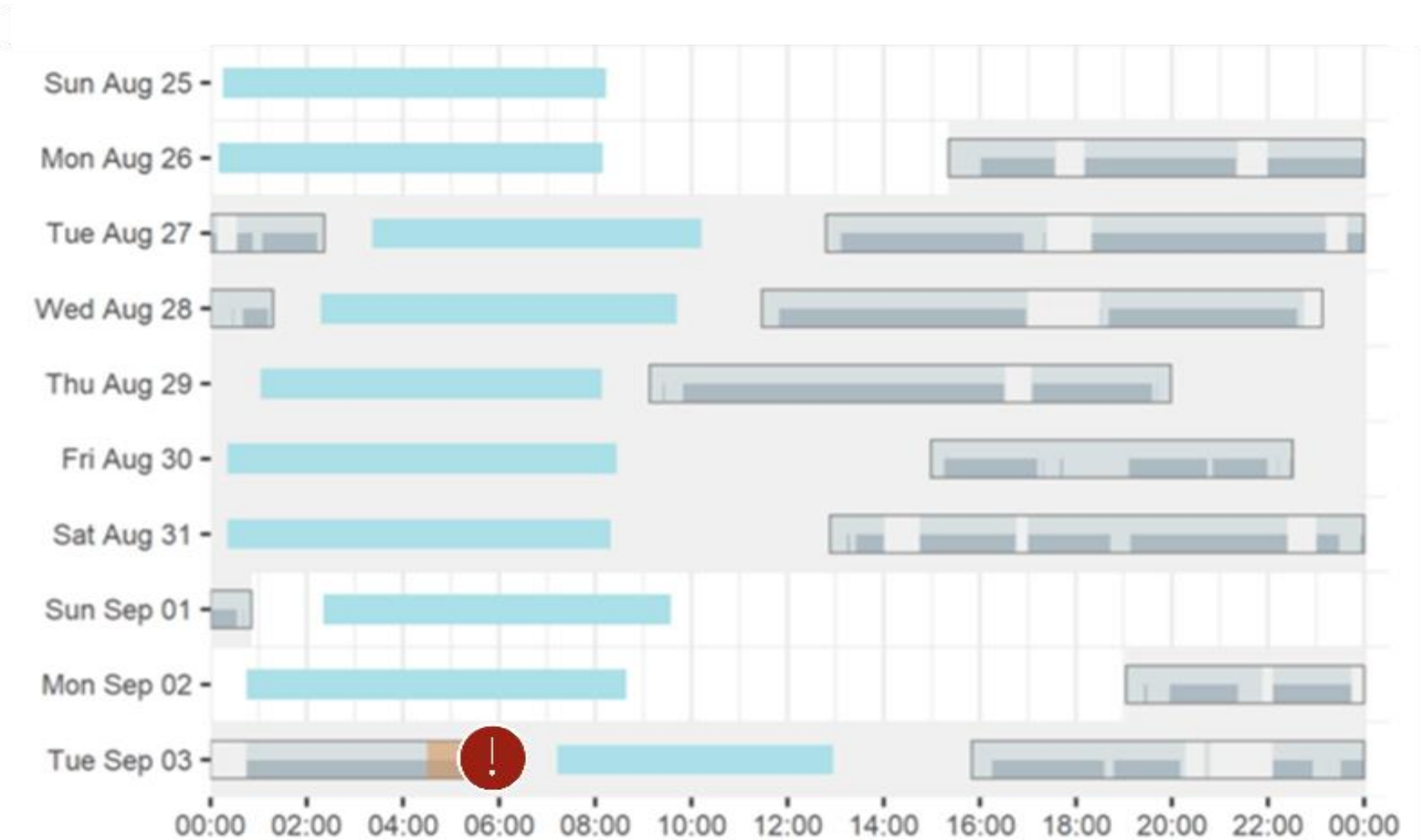
Predict fatigue



Fatigue score quantified using the “PVT” scale:
a measure of lapses in vigilant attention

John Doe

Saturday December 07 2019 at 07:37 (ET)





North American Fatigue Management Program

A Comprehensive Approach for Managing Commercial Driver Fatigue

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Welcome to NAFMP

The NAFMP is designed to address the issue of driver fatigue with a comprehensive approach that includes:

- Information on how to develop a corporate culture that facilitates reduced driver fatigue
- Fatigue management education for drivers, drivers' families, carrier executives and managers, shippers/receivers, and dispatchers
- Information on sleep disorders screening and treatment
- Driver and trip scheduling information
- Information on Fatigue Management Technologies

For the past several years, Canadian and American regulators, carriers, and researchers have worked on the development of a comprehensive approach for managing fatigue. This work has been led by a consortium of government and industry agencies with an interest in developing a more effective means of dealing with professional driver fatigue.

The NAFMP Steering Committee is comprised of Transport Canada, the Federal Motor Carrier Safety Administration, Alberta Transportation, Alberta Workers Compensation Board, Alberta Employment and Immigration, Société de l'assurance automobile du Québec, Commission de la santé et de la sécurité du travail du Québec, Alberta Motor Transport Association and the American Transportation Research Institute.

NAFMP Steering Committee members have committed significant time and resources to the development of a comprehensive FMP that would enhance a carrier's ability to effectively deal with the challenges of fatigue in a highly competitive, widely dispersed, and rapidly changing industry.

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www.nafmp.org

Evaluating the Effectiveness of the NAFMP

- Working together with the National Institute for Occupational Safety and Health, this study will evaluate the effectiveness of the NAFMP with respect to safety, driver health, well-being, and cost.
- Data will be collected from 180 commercial truck drivers to monitor crashes and near-crashes over an 8-month period, 3 months before and 5 months after the implementation of NAFMP.
- The project is expected to be completed in 2022.

