Fatigue Risk Management

Prof Drew Dawson
University of South Australia, Adelaide, Australia

Seminar on June 22, 2010, 1–3 pm
at The Stress Research Institute, Stockholm University

Drew Dawson is one of the leading researchers on fatigue regulation and safety, as well as accident prevention. He will present his work on Fatigue Risk Management (FRM). The basic idea of FRM is that fatigue (or sleepiness) to a large extent is determined by sleep loss, time awake and time of day, as well as several other factors like time on task and intensity of work. Fatigue, in turn, largely determines the risk of errors and accidents. FRM deals with systematic prevention of excessive fatigue through training, analysis of work schedules, and adherence to certain rules. Fatigue Risk Management is to some extent also seen as an alternative (or complement) to prescriptive work hours (arbetstidslagstiftning). Substitution of FRM for legislation has been implemented in parts of Australia, and experiments are ongoing with several airlines.

In addition, Professor Torbjörn Åkerstedt will present related research from the Stress research Institute (in close collaboration with the Swedish Road and Transport Research Institute). This will include studies on the nature of sleepiness and risk as well as their prediction.

Participation
If you are interested in participating we’d like you to respond to: anette.hedberg@stressforskning.su.se so we can make the appropriate arrangements. Please do this by Thursday the 17th at the latest.

Location
The Stress Research Institute is located at Frescati Hagväg 16A, Stockholm. Opposite the main campus of Stockholm University – at lake Brunsviken. Bus 70 or 40 or subway to the university and a 10 min walk.