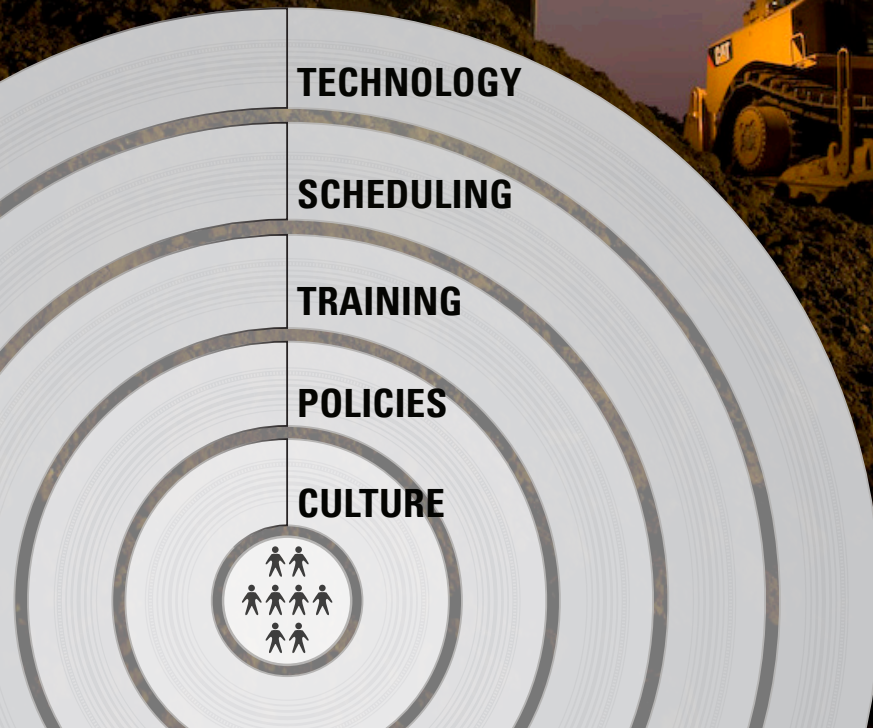



# FATIGUE RISK MANAGEMENT SYSTEM (FRMS) BUILD LAYERS OF PROTECTION AROUND YOUR EMPLOYEES

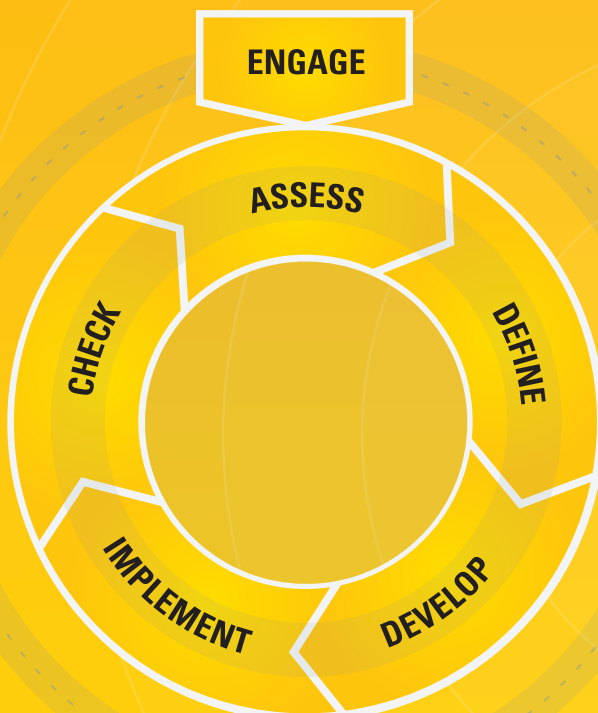
Develop a practical, effective system that predicts, measures and mitigates fatigue and distraction risks and provides operators tools and knowledge to improve their alertness. Caterpillar's fatigue risk management solution can be rigorously maintained, carefully monitored and continuously improved. It is proven to drastically reduce costs associated with fatigue and distraction while increasing productivity and improving employee relations.





## Let our fatigue and change management experts be your guide as you:

- Educate all levels of your organization about fatigue and the methods and technologies available to mitigate risk
- Assess your organization's fatigue risk
- Assess existing systems, policies, and procedures that mitigate fatigue risk and integrate them in to a comprehensive internally consistent plan
- Build a site-specific fatigue management plan that includes event protocols, roles and responsibilities, communication and recognition strategies, supervisor playbooks and measurement systems
- Establish a long-term plan to measure operational impact of your FRMS in order to track and maintain the positive impact on workforce health, safety and operational costs



Once your team has developed a custom FRMS to fit the specific needs of your operation, we will guide an effective implementation. Our six-step process will engage your workforce and motivate employees to embrace the changes in a way that boosts morale and provides metrics to measure your continuous improvement.



# KEY FRMS FOCUS AREAS

Caterpillar is uniquely qualified to determine the most appropriate and cost effective countermeasures for fatigue and distraction risk and is the only provider with the ability to deliver not only fatigue management services, but also technology countermeasures, broader safety program integration and cultural change support.

Key areas of focus for the FRMS will include but not be limited to:

- Fatigue detection technology and support systems
  - In-vehicle monitoring
  - Wrist-worn actigraphy
- Work schedules
  - Staffing levels
  - Shift start and end times
  - Overtime
  - Maximum hours of work
  - Adequate opportunity for rest
  - Break structure
- Work environment
  - Control room design for fatigue mitigation including lighting, sound, temperature, color schemes
  - On-shift stimulation including radio, TV, exercise equipment
  - Rest and recovery rooms
- Policies and procedures
  - Alternative transportation for fatigued employees
  - Napping policies
  - Hours of work limits
  - Recognizing and reporting personal and coworker fatigue
- Training and Education
  - How to manage the challenges of shiftwork
  - Information for family and friends
- Vehicle for ongoing communication and information





# SAFETY SOLUTIONS

Wherever you are on your journey to zero, we have tools to help you build engagement, accountability and operational excellence.

**BUILT FOR IT.™**

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+1 309 494 2751 (outside US/AU)

**SAFETY.CAT.COM™**



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AEXQ1441-02 FRMS brochure

