“CN Fatigue Management Initiatives Past & Present”

Fatigue Risk Management Symposium
Omaha, NE

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- Specific Fatigue Management Plans
  - Emergencies
  - Work Train Service
  - On Duty in Excess of 64/7

- Work / Rest Rules
  - Joint Carrier, Union, TC Working Committee
  - Revisions Pending - RSA Review 2007
  - FMP Core Components
  - FMP Assessment Guidelines
Fatigue Countermeasures

- Voluntary Rest
  - Up to 10 / 24 hours at home terminals
  - Up to 8 hours enroute / AFHT’s
  - Rest after Rules classes
- Election for 2nd Tour in 24 Hrs
- 45 Min Break Between Consecutive Tours
- Short Call / Short Lead
- Held Away Agreements
Fatigue Countermeasures

- Run-By Agreement
- Short Turn Agreement
- Hold Turn / Place to Foot of Board
- Inter-Divisional Runs – CLO Agreement
- Monthly mileage maximums 4300 / 3800
- Time Off up to 48 hours after quarterly mileage thresholds met
Fatigue Countermeasures

- Personal Leave Days
- Carry Overs to Q1
- Single Day Vacation
- Early Mark Off – PLDs, SDV, Rest Days
- Late Mark Up – PLDs, SDV, Rest Days, Ex Vacation, Ex Miles
- Protect Trespass on PLDs, SDV, Rest Days
Fatigue Countermeasures

- Standing Bid
- Pulls & Returns at Board Adjustment Time
- Visibility of Pulls & Returns
- Internet Access to CATS
- Internet / IVR - Employee Self-Services
- Do Not Disturb Window
Work / Rest Scheduling

- **Show Assignments**
  - Locals
  - CSA’s (tie-up at home only)
  - Yards
  - 6/1 Waiver “No Fly Zone”

- **Assigned Pools**
  - Assigned Trains
  - Time Windows (up to 8 hours)
  - Spread Times (4 hours)
  - Assigned Start Days
  - Turnaround Service “Meet & Greet”
  - Spreads at AFHT’s for Layover Assignments
Work / Rest Scheduling

- Extra Boards
  - Guaranteed Extra Boards
  - Assigned rest days (1 to 2)
  - Varying cycles
  - Mixed - 3 days XB / 2 days relief assignments
  - 12 hour time windows
  - Yard Extra Boards (max 5 shifts/week)
Alertness Assurance Project (Canada)

- CANALERT‘95 joint management-labour initiative
- AAP joint carrier/union standing committee 1997 – 2005
- Implementing Agreements negotiated
- Fatigue Counter Measures
  - Recuperative Napping
  - Rest Facility Standards
  - Lifestyle Training
  - Locomotive Mod’s
  - Confidential Sleep Disorder Screening
  - Work Scheduling
Alertness Assurance Project (Canada)

- FRCOS Crew Scheduling Software developed
  - Circadian principles – fatigue scored
  - Bidpack schedules designed for 3 months
  - Robust SDM Plan
  - Guaranteed Start Agreement

- Downfall
  - Seniority Movement / Displacements
  - Number of Trips
  - Participation Rates
  - Week v Weekend / Night v Day Balancing
  - IDR Balancing Between Terminals
  - Management Complexity