

Transport Canada and the ***Centre for Study and Treatment of Circadian Rhythms – Douglas Mental Health University Institute***, in cooperation with

L'association québécoise des transports (AQTr)

present the

FATIGUE IN TRANSPORTATION FORUM

This program is presented by



WHERE: McGill University - New Residence Hall
3625 avenue du Parc
Montreal, Quebec

WHEN: June 27-28, 2018

WHO: A gathering of fatigue specialists and scientists from academia, the transportation industry and the fatigue management community



Transports
Canada

Transport
Canada

Douglas
INSTITUT
UNIVERSITAIRE EN
SANTÉ MENTALE

MENTAL HEALTH
UNIVERSITY
INSTITUTE



McGill

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L'expertise en transport

PROGRAM – Day 1 – June 27, 2018

08:30 – 08:45	Welcome / Forum Logistics	Alain Cacchione – Master of Ceremony Regional Director, Communications Transport Canada, Montreal (Canada)
08:45 – 09:00	Opening Remarks	Nicole Girard A/Associate Assistant Deputy Minister Safety and Security, Transport Canada

Session 1: Principles of Fatigue and Fatigue Management

Fatigue is pervasive in the transportation sector where 24/7 operations, 365 days a year are the norm and workers are subject to shift work, disruptive schedules and long hours of work. This panel explores the science of fatigue as well as fatigue management best practices and the role fatigue plays in accidents. Participants should better understand the fundamental elements of fatigue, how these key factors impact human performance and how fatigue can be better managed.

09:00 – 10:00	Keynote Speaker Managing Fatigue in a 24/7 Environment	Drew Dawson, Ph.D. Director, Appleton Institute, CQ University, Adelaide (Australia)
10:00 – 10:30	Break	
10:30 – 11:15	The Role of Fatigue in Transportation Accidents	Kathy Fox Chair, Transportation Safety Board of Canada Gatineau (Canada)
11:15 – 12:00	Advancing Fatigue Research at the Douglas Institute, McGill University Why does time matter?	Diane B. Boivin, M.D., Ph.D. Scientific Co-Chair, Fatigue in Transportation Forum Director, Centre for Study and Treatment of Circadian Rhythms Douglas Mental Health University Institute, Montreal (Canada)
12:00 – 13:15	Lunch	

Session 2: Fitness for Duty

We live in a 24-hour society where many different work patterns have developed beyond the traditional Monday-to-Friday, 9-to-5 routine. An increasing proportion of the workforce is engaged in shift work and non-traditional schedules. Working shiftwork or non-traditional hours involves more than just a work schedule. It is a way of life with a fundamental impact on not only work, but sleep patterns and the management of health, family, and social lives. Participants should better understand how to assess their fitness for duty, and what strategies can be applied when employees declare themselves too tired to safely perform the requirements of their jobs.

13:15 – 14:00	Fatigue Recognition and Fitness for Duty	Pierre Philip, M.D., Ph.D. Director, L'USR SANPSY University of Bordeaux, Bordeaux (France)
14:00 – 14:45	Individual Susceptibility to Fatigue – Impacts for the transportation industry	Hans P. A. Van Dongen, Ph.D. Director, Sleep and Performance Research Center Washington State University, Spokane (USA)
14:45 – 15:00	Question Period	
15:00 – 15:20	Break	

PROGRAM – Day 1 – June 27, 2018

Session 3: Medical And Sleep Disorders

If you don't feel refreshed despite getting lots of sleep you may suffer from a sleep disorder. Sleep disorders disrupt your sleep, leaving you fatigued and unable to concentrate. Over time, they can lead to serious health problems. Participants should be able to understand the impact of medical and sleep disorders on human performance and how shiftwork can affect individual health.

15:20 – 16:05	Diagnosing Sleep Disorders	John Kimoff, M.D. Director, McGill University Health Centre Sleep Laboratories Montreal (Canada)
16:05 – 16:50	The Impact of Shiftwork on Health	Céline Vetter, Ph.D. Assistant Professor, University of Colorado, Boulder (USA)
16:50 – 17:00	Question Period	
17:00 – 17:15	Closing Remarks	Brigitte Diogo Director General, Rail Safety Transport Canada, Ottawa (Canada)

PROGRAM – Day 2 – June 28, 2018

08:00 – 08:05	Welcome / Forum Logistics	Alain Cacchione – Master of Ceremony Regional Director, Communications Transport Canada, Montreal (Canada)
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Session 4: Fatigue Risk Management Systems in Transportation

CLINTON MARQUARDT

Human Fatigue Specialist

Science-Based Investigation & Management of Fatigue for the Transportation Industry
www.SleepandDreams.com

A Fatigue Risk Management System (FRMS) is defined as a scientifically-based, data-driven set of integrated management practices, beliefs and procedures for identifying and managing fatigue and safety risks. This panel will explore the utilisation of FRMS in the transportation sector. Participants will learn about implementation and best practices with respect to fatigue risk management systems.

08:05 – 08:45	Fatigue Management in Aviation	Captain Kevin L. O'Brien Director, Crew Bases Flight Operations Air Canada, Montreal (Canada)
08:45 – 09:25	Fatigue in the Shipping Industry	Captain Chris Hearn, MM Director, Centre for Marine Simulation Marine Institute of Memorial University, St. John's (Canada)
09:25 – 10:05	Management of Fatigue in Rail Safety Workers: the Fatigue Code of Practice	Julie Bullas Executive Director, Policy, Reform and Stakeholder Engagement, Office of the National Rail Safety Regulator Adelaide (Australia)
10:05 – 10:15	Question Period	
10:15 – 10:40	Break	

PROGRAM – Day 2 – June 28, 2018

Session 5: Fatigue Management

An understanding of both the causes and consequences of fatigue enables us to design more effective systems to manage fatigue-related risk. An effective FRMS consists of several levels of fatigue hazard controls including tools to calculate the sleep opportunity a schedule provides through manual or automated fatigue assessment. Participants will learn how to measure sleep opportunities and identify where fatigue may be present through the application of bio-mathematical modeling and FRMS best practices.

10:40 – 11:15	Measuring Fatigue Levels through bio-mathematical Modeling	Daniel Mollicone, Ph.D. CEO and Co-founder, Pulsar Informatics, Philadelphia & Seattle (USA)
11:15 – 11:50	Fatigue Risk Management in Commercial Aviation – A US Perspective	Captain Don Wykoff, FRAeS Air Line Pilots Association International Chairman, Flight Time/Duty Time Committee Washington DC (USA)
11:50 – 12:00	Question Period	
12:00 – 13:00	Lunch	

Session 6: Managing Fatigue Through the use of Technology

It is well-established that fatigue, whether due to sleep deprivation, extended time-on-task or other factors, is associated with a decline in human performance. Being fatigued can have an effect on many aspects of your life. It's not just at work that being fatigued can be dangerous. There's a real risk that you'll fall asleep at the wheel while driving home after a long shift. Recent research and applied management strategies are beginning to provide solutions for individual employees and organizations to better manage fatigue-related risks. However, what role can technology play in terms of fatigue mitigation? Participants will better understand advances in technology and the consequences of fatigue outside of the work environment.

13:00 – 13:35	Fatigue Management and Technology in the Motor Carrier Industry	Pierre Thiffault, Ph.D. Senior Research Analyst, Motor Carriers Motor Vehicle Safety, Transport Canada, Ottawa (Canada)
13:35 – 14:10	Nonstandard Schedules and Commuting Motor Vehicle Crashes	Imelda Wong, Ph.D. ORISE Scholar, Centers for Disease Control and Prevention / The National Institutes for Occupational Safety and Health (CDC/NIOSH), Washington DC (USA)
14:10 – 14:20	Question Period	
14:20 – 14:40	Break	

Panel Discussion:



Why Does Fatigue Management Matter? A high level discussion concerning the accountability and responsibility organizations have to manage safety, and in particular fatigue. Participants will hear how organizations articulate their safety commitment and actively pursue their policy objectives.

14:40 -15:40 ***Why Does Fatigue Management Matter?***

Panel Chair: Drew Dawson, Ph.D.
Director, Appleton Institute,
CQ University, Adelaide (Australia)

Mitch Beekman
Vice-President, Safety and Environment
Canadian National Railway, Montreal (Canada)

Robert Johnson
Executive Vice-President, Operations
Canadian Pacific Railway, Calgary (Canada)

Rudy Kellar
Executive Vice-President, Service Delivery
NAV CANADA, Ottawa (Canada)

15:40 – 15:50 **Closing Remarks**

Brigitte Diogo
Director General, Rail Safety
Transport Canada, Ottawa (Canada)

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