

# A Shared Responsibility

Pipeline companies are now required to provide pipeline controllers an opportunity for eight hours of sleep. New FAA rules mandate that pilots must be allowed at least a ten hours rest period between duty hours that provides an opportunity for eight hours of uninterrupted sleep. Other industries have to comply with similar regulations that place the responsibility on the employer. *What is your company doing?*

In the pipeline industry, there are other employees besides controllers who work rotating shifts. Should they have an opportunity for eight hours of sleep between shifts? There are technicians and maintenance workers who might get called out at any time during a 24 hour period. Should they have an opportunity for eight hours of sleep? There are managers who may receive calls at any time day or night. Should they have an opportunity for eight hours of sleep? The obvious answer is yes. That answer requires careful planning, adequate staffing, and some decisions about what requires a call in the middle of the night to a supervisor or technician. *What does your company do to manage fatigue for all employees?*

If a company fulfills its responsibilities, what are the employee's responsibilities for managing fatigue? In the Fatigue Risk Management Systems we develop, there are requirements that state that employees shall use the time between shifts for sleep and rest, should not use time off for working other jobs, and shall report for work fit for duty.

The company has to demonstrate its compliance with the rules. The employee has to do the right thing for compliance with the rules. *As an employee, are you managing your fatigue by getting adequate sleep?*



How many decisions are required in a work shift? In addition to our basic life decisions, most people make thousands of decisions at work every day or night. **Decision fatigue** can occur when we have depleted our finite resources for reasoning and analysis.

If a need for a decision about emergency operations occurs when our mind is fatigued, how will we make the right decision? This is one reason good procedures and regular scenario training on abnormal and emergency operations are necessary. *How can you avoid decision fatigue?*

