

## Fatigue Risk Management Policy Statement

Fatigue is one of the leading underlying causes of injury in the workplace and at home. Fatigue poses a danger to all employees, whether they are site or office based, working shifts or normal business hours.

Working whilst fatigued can be fatal to you and others. It is just as dangerous to work while fatigued than to undertake these activities whilst impaired due to drugs and alcohol.

VolkerRail are committed to meeting all client and infrastructure manager requirements associated with the assessment and control of fatigue.

VolkerRail's policy for the control of working hours is the internal procedure SAF06 – Management of Fatigue (Control of Working Hours). This procedure identifies when individuals should report excessive working hours or inadequate rest periods.

An exceedance shall be declared when any of these conditions are or might be reached:

| Trigger type | Criteria  |
|--------------|---|
| A            | A person exceeds 60 hours of working in a rolling seven-day period. (This shall be classed as a Level 1 exceedance)                               |
| B            | A person exceeds 72 hours of working in a rolling seven-day period. (This shall be classed as a Level 2 exceedance)                               |
| C            | A person works more than 12 hours in one shift or period of duty  |
| D            | A person receives less than 12 hours break between booking off from their shift/period of duty and booking on for their next shift/period of duty |
| E            | A person works more than 13 consecutive turns of duty in 14 rolling days  |
| F            | A person works when they are expected to exceed a Fatigue Risk Index (FRI) fatigue score of 35 during daytime or 45 during night-time hours       |
| G            | A person works when they are expected to exceed a FRI risk score of 1.6 (regardless of daytime or night-time working).                            |
| H            | A person exceeds 14 hours door to door  |

SAF06M004 outlines the process of management of potential triggers which could impact fatigue and to maximize individual alertness.

VolkerRail will always seek to plan rostered working hours that do not introduce levels of fatigue that would be harmful to our employees, stakeholders and sub-contractors and it is a requirement of all employees to report the adverse effects of fatigue using the Karolinska Sleepiness Scale which will be treated fairly and consistently.



**Stuart Webster-Spriggs, HSQES Director**