



CREW ALERTNESS SUBCOMMITTEE

AWO Interregional & Coastal
Joint Safety Committee Meeting
January 21 – 22, 2009



Subcommittee Members

1. Diversity of Subcommittee Members' operations
2. Different levels of involvement in CEMS
 - ✓ Jason Adams – Ingram
 - ✓ Chuck McAllister, Joe Garuccio & Ron Wunderlich – ARTCO
 - ✓ Toni Macksey & Dana Winemiller – AccuTrans
 - ✓ Jonathan Bennett – U.S. United Barge Line
 - ✓ Molly Isnardi – Upper River Services
 - ✓ Leslie Jenkins – Jantran, Inc.
 - ✓ Jim Hawkins – T J Hawks, LLC



Goal of Crew Alertness Subcommittee

To give AWO Members useful tools to begin or enhance their alertness initiative, whether labeled CEMS or not at this time, through sharing of best practices, guidelines & company mentoring. This includes the operation-specific information for shore tankerman, dinner bucket boats, live on boats (ships, line, unit & fleet) & shoreside operations.



Initial consensus by Subcommittee Members of rank of importance of Crew Alertness Risk Factors

1. Sleep *
2. Environmental Improvements
3. Exercise *
4. Nutrition *
5. Caffeine / Nicotine
6. Hydration *
7. Light Management
8. OTC Drugs *
9. Stress
10. Schedules

** AWO Lesson Plans developed*



What is an Alertness Guide?

1. Tool to use within your organization as
 1. Safety Meeting topic
 2. Subjects in newsletter
2. If your company hasn't started a CEMS process these could be a way to educate crewmembers on ways to increase alertness.
3. If your company has started a CEMS process these could reinforce the components.
4. Not all of these recommendations will be necessary for each individual.



ALERTNESS GUIDE...

Environmental & Operational Improvements

Guide Objective: Use discussion topics to identify environmental & operational areas that can be addressed to reduce fatigue and improve quality of life both on the job and at home.

- **Live-On Vessels / Dinner Bucket Boats / Shore Tankerman**
- **Lighting, Noise, Vibration, Temperature**
- **Courtesy recommendations**



ALERTNESS GUIDE...

Caffeine & Nicotine

Guide Objective: Use discussion topic on caffeine to identify its effective use and its place in reducing fatigue and enhancing endurance. Educate on the negative effects of nicotine and its role in contributing to fatigue as well as some tips for nicotine users.

- **Common sources of caffeine**
- **Recommendations on using caffeine**
- **Recommendations for nicotine use**



ALERTNESS GUIDE...

Stress

Guide Objective: Use discussion topic on stress to identify the physical and mental stressors that could decrease energy and degrade endurance. Educate on the affects of stress and how to reduce or control stress.

- **What is stress**
- **Causes of stress**
- **Consequences of stress**
- **How stress decreases endurance**
- **How to control stress**



ALERTNESS GUIDE...

Watch Schedules

Guide Objective: Use discussion topic to educate on how some watch schedules can support endurance while others can reduce endurance. Review standard industry schedules and how some of them are healthy while others may contribute to reduced endurance and increased fatigue.

- **How work and watch schedules influence sleep behavior and endurance**
- **Fundamental criteria recommended for a watch schedule**



ALERTNESS GUIDE...


Light Management

Guide Objective: Use discussion topic to educate on the use of light management as a way to control light exposures to assist night workers with their sleep-work schedule. This will result in more energy and alertness while working at night, through their lowest period of energy, when their body clocks normally direct them to sleep.

- **Basic use of light exposure**
- **Light use to stay awake while on watch**
- **Light use to fall asleep after watch**



- ✓ Final drafts of all 5 Alertness Guides will be available on the AWO website.
- ✓ Crew Alertness Subcommittee members that have started a CEMS process within their organization are available to call to answer questions on starting the program.

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- ✓ If you would like to see an Alertness Guide on another topic please contact Jo Ann Salyers or any other Alertness Subcommittee member.
 - ✓ These guides aren't a substitute for a CEMS program but can offer your organization some suggestions to assist in reducing fatigue for your employees. Use these in conjunction with your CEMS training or as a stepping stone to starting CEMS.



THANK YOU

Crew Alertness Subcommittee