

FATIGUE SCENARIO

You are a road engineer for a Class I railroad hauling freight. Your work schedule the last two weeks has been:

Tuesday October 1: Duty Tour from 4:00 am to 4:00 pm; arrive at hotel on road 6:00 pm; based on line-up, expected to report to duty 8:00 am next day, went to sleep at 10 pm.

Wednesday, October 2: Called at 2:01 am to report for duty at 4:01 am, only 4 hours sleep due to 4 hour early call out; Duty tour from 4:01 am to 4:01 pm; arrive home 5:00 pm; expected to report to work 8:00 am next day; went to sleep 10 pm

Thursday, October 3: Awoke 6 am, 8 hours sleep, expecting call; called at 10 am to report at noon; duty tour noon to 11:59 pm.

Friday, October 4: Arrive in hotel on road at 1:30 am, expected to report to work 4:00 am on Saturday, went to sleep 10 am, woke up 6 pm; 8 hours sleep. Considered day off, on road.

Saturday, October 5: Called 12:01 am to report at 2:01 am; duty tour 2:01 am – 2:01 pm; arrive home 3:00 pm; expected to report to work 6:00 am on 10/6; went to sleep 8:00 pm.

Sunday, October 6: Called at 12:01 am, 4 hours sleep; Duty tour from 2:01 am – 2:00 pm; Arrive at hotel on road 4:00 pm; expected to report to work 2:00 am on Monday, October 8; Too tired to stay up, go to sleep 4:00 pm.

Monday, October 7: Woke up 2 am; Went to sleep 2:00 pm to be rested for 12:01 am call out; Day off, on road

Tuesday, October 8: Woke up 12:01 am expecting call-out; Called out at 6:00 am from 8:00 am start; Duty tour 8:00 am – 8:00 pm; arrive home 9:00 pm; next three days off schedule for Health and Safety Conference in Iowa City, even though need to get up at 4:00 am to drive to Iowa City for 8:00 am registration, stay up for 2 hours to see wife and kids; went to sleep 11:00 pm

Wednesday, October 9: Woke up 4:00 am, 5 hours sleep; drove to Iowa City, all-day conference, banquet, hospitality room, Went to sleep 11:30 pm.

Thursday, October 10: Woke up 7:00 am, all day conference, dinner with friends, hospitality room; went to sleep, 11:00 pm.

Friday October 11: Woke up 7:00 am; Last day of conference; Arrive home 8:00 pm; expected to report for duty 8:00 am on Sunday, October 13; went to sleep 11:00 pm.

Saturday, October 12: Woke up 7:00 am; Spent day with family, doing chores, paying bills, etc.; Getting into bed at 10:00 pm for expected 6:00 am call-out when phone rings; Called out at 10:00 pm for 12:01 am start.

Sunday, October 13: Report to work 12:01 am, up 17 straight hours; Duty tour from 12:01 am – 12 noon, up 29 straight hours by end of duty tour; arrive at hotel on road 2:00 pm; expected to report to work 8:00 am October 14; exhausted, go right to sleep and sleep 9 hours until 11:00 pm.

Monday, October 14: Called out 2:00 am for 4:00 am start; duty tour 4:00 am – 4:00 pm; arrive home 5:00 pm; expected to report to work 8:00 am October 15; went to sleep 10:00 pm for expected 6:00 am call out.

Today (Tuesday, October 15, 2013): Called out 2:00 am for 4:00 am start, 4 hours sleep; duty tour 4:00 am – 4:00 pm; arrive in hotel on road 6:00 pm.

It is now 6:00 pm on October 15, and you are finally in your hotel room on the road. You check the lineup and you are scheduled to go out at 6:00 pm tomorrow night.