Fatigue Risk Management Systems for Personnel in the Refining and Petrochemical Industries

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Fatigue Risk Management Systems for Personnel in the Petroleum and Petrochemical Industries

1 Scope

This recommended practice (RP) is based on sound science and also recognizes operational issues. It provides guidance to all stakeholders (e.g. employees, managers, supervisors, contractors) on understanding, recognizing, and managing fatigue risk in the workplace. Owners and operators shall establish policies and procedures to meet the purpose of this recommended practice.

This RP was developed for refineries, petrochemical and chemical operations, natural gas liquefaction plants, and other facilities, such as those covered by the OSHA Process Safety Management Standard, 29 CFR 1910.119. This document is intended to apply to a workforce that is commuting daily to a job location.

On-site contractors involved in process safety sensitive actions shall have fatigue risk management systems consistent with the criteria outlined in this document.

1.1 Overview

It has been documented that excess cognitive fatigue in the workplace is a risk to safe operations and that prescriptive “hours of service” rules are necessary but insufficient to mitigate the risk. Thus, fatigue risk mitigation shall be addressed through a comprehensive fatigue risk management system (FRMS) that is integrated with other safety management systems, as necessary.

Similar to other safety management systems, everyone—the workforce through senior management—has a role in recognizing the importance of workplace fatigue risk mitigation and actively working to support the goals of the FRMS.

The FRMS shall be developed and implemented in consultation with key stakeholders. The FRMS shall include a process for review and continuous improvement.

2 Normative References

This document contains no normative references. For a list of documents and articles associated with API RP 755 and fatigue risk management, please see the Bibliography.

3 Terms and Definitions

For the purposes of this publication, the following definitions apply.

3.1
call-out
Summoning an employee to the work site to perform work when they were not scheduled.

3.2
extended shifts
Work periods greater than 14 hours regardless of the scheduled shift length.

3.3
fatigue
Reduced mental and physical functioning caused by sleep deprivation and/or being awake during normal sleep hours. This may result from extended work hours, insufficient opportunities for quality sleep, failure to