

Fatigue Risk Management (FRM)

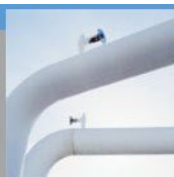
Fatigue Risk Management (FRM) is a systematic, data-informed approach to identifying, assessing, and mitigating fatigue-related risks within the control room environment. Fatigue is not just a wellness issue, it is an operational risk that can directly impact decision-making, situational awareness, and response effectiveness.

The objective of FRM is to enhance safety, performance, and overall well-being by proactively addressing the conditions that contribute to fatigue and the errors, incidents, and reduced productivity that can result.

Pipeline Performance Group, LLC provides comprehensive FRM support to help Operators meet regulatory expectations and strengthen operational performance. Our services include:

- Delivering targeted fatigue mitigation training to educate personnel on the risks of shift work and the impact of fatigue on performance
- Supporting annual training requirements and documentation, ensuring compliance with PHMSA expectations
- Providing practical tools and countermeasures that individuals can apply to manage fatigue on and off shift
- Reviewing existing fatigue management practices to identify gaps, risks, and opportunities for improvement
- Recommending actionable strategies for both individuals and the organization to effectively manage fatigue in shift work environments
- Applying biomathematical fatigue modeling FAID Quantum to evaluate Controller schedules and quantify fatigue risk under current operating conditions
- Developing a comprehensive Fatigue Risk Management Plan tailored to your organization's operations, staffing, and risk profile

This structured, proactive approach elevates fatigue management from awareness to action, driving measurable risk reduction and embedding it into daily operations. The result is improved Controller well-being, sharper decision-making in critical moments, and a more reliable, resilient control room capable of performing under all operating conditions.



Pipeline Performance Group (PPG) FRM Training

Pipeline Performance Group (PPG) develops and delivers comprehensive fatigue management training and educational materials designed to improve awareness, engagement, and real-world application. Training is available in multiple formats, including in-person classroom sessions, interactive virtual instruction, and online self-paced courses, providing flexibility to meet operational needs.

Our training is effective because it goes beyond awareness and drives engagement and application:

- Interactive delivery methods actively engage participants, increasing retention and reinforcing key fatigue management concepts
- Supporting materials provide practical reference tools, enabling individuals to apply fatigue mitigation strategies on and off shift
- Facilitated discussions encourage participation and critical thinking, promoting meaningful dialogue around fatigue risks and countermeasures

Our FRM training provides practical, relevant content designed to help personnel understand fatigue and apply effective mitigation strategies in real-world operations. Key topic areas include:

Our Fatigue Risk Management Training course content includes:

- **Fatigue fundamentals**, including causes, signs, and impacts on performance
- **Sleep science basics**, with a focus on improving sleep quality and recovery
- **The relationship between stress and fatigue**, and how each influences performance and decision-making
- **Self-care strategies for fatigue management**, including practical techniques for shift workers
- **Fatigue in pipeline operations**, with a focus on operational risk and real-world application
- **Personal Fatigue Risk Management Plan**, support for individuals to apply strategies tailored to their schedules and responsibilities

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