9th International Conference on
MANAGING FATIGUE
Research and practice in
transportation, resources and health
MESSAGE FROM THE CONFERENCE ORGANISING COMMITTEE

On behalf of the organising committee it is our pleasure to invite you to our ninth meeting.

This conference commenced life in Fremantle in 1992, where it lived before migrating to Seattle in 2005 and Boston in 2009 before returning to Fremantle, Western Australia in 2011. While the main emphasis of the meeting has always been on fatigue in transportation, other industries such as resources and health have also been strongly represented. Cross fertilization of research findings have been a particular strength of our meetings in the past, and will be again in 2015.

We can assure delegates that Fremantle has been hugely popular in the past with its mix of civilized/urbane recreation in a cosmopolitan harbour side resort with activities for everyone in one of the world’s best climates for outdoor living at this time of year. The conference too has a tradition of a laid back, relaxed, convivial style with occasional improvised sessions thrown in, where enthusiastic delegates have been able to continue to debate a compelling issue or technique. We have always been graced by some of the most significant researchers and compelling speakers as we are sure we will be in March 2015. Come and join us to hear them.

Managing Fatigue 2015 Conference Organising Committee
TRANSPORTATION

Fatigue has been recognized as an endemic problem in transportation since at least the 19th century. Attempts were made in the early 20th century to control fatigue by legislative limits on working hours, which are still extant for some industry sectors. Research rapidly revealed the importance of addressing the impact of the timing of the circadian cycle of alertness and sleepiness in fatigue management. Recent fatigue management strategies have focused on addressing the need for sleep, the timing of the circadian cycle, the length of wakefulness and adaptation in individualised occupational settings, in Fatigue Risk Management Systems. This approach is slowly overtaking the uniform hours of work formula.

RESOURCES

The contemporary, often remote, resource industries of oil, gas and minerals, present special and unique challenges to Fatigue Risk Management. Workers often live far removed from the site and so undertake long commutes and reside at the site for extended periods of up to weeks, working long rosters. Returning home also presents unique challenges to adaptation. Fatigue Risk Management requires individualised development for these conditions, and greatly pushes the research envelope of what we know of human adaptability from transportation and shift work studies.

HEALTH

Medicine is a 24/7 hour profession, which has traditionally paid little regard to the biological needs for sleep and the circadian cycle of its providers. Indeed medical training has not only been dictated by the need to compress as much experience into as short a time frame as possible but also to build an individual’s strategies to combat fatigue. Research has nevertheless demonstrated that medical staff are not immune to their biological needs and that fatigue and sleepiness compound errors and misventures. Better understanding of the impact of fatigue in patient care/medicine drawn from lessons from the cockpit and new research, and how to combat it by Fatigue Management Strategies, is progressing rapidly.
Our conference speakers are internationally recognised experts in their field, promising delegates an exciting and challenging program. Confirmed speakers to attend include:

**Professor Drew Dawson**
Director, Appleton Institute, Central Queensland University - Adelaide Campus

Professor Drew Dawson is nationally and internationally recognised for his contributions to the scientific community and to industry in the areas of sleep and fatigue research, organisational psychology and human behaviour, industrial relations negotiations, and the human implications of hours of work.

Professor Dawson has worked extensively with the aviation, manufacturing, retail, entertainment, transportation and mining sectors in Australia, and is a world-renowned expert on fatigue in the workplace. He has instigated fatigue management programs, developed shift work and fatigue policy, undertaken pre-employment assessments, and facilitated shift work education sessions. Prof Dawson also regularly presents at national and international conferences and has provided expert witness testimony in many fatigue-related court cases.

As director of the internationally recognised Appleton Institute (http://www.unisa.edu.au/sleep/), he oversees basic and applied research into the effects of shift work and sleep loss on the health and well-being of employees. Basic research programs are focused on the interactions of the sleep and circadian systems, the effects of sleep loss and the ways people protect themselves against fatigue-related errors.

**Richard J. Hanowski**
Ph.D.
Director, Center for Truck & Bus Safety, Virginia Tech Transportation Institute, Virginia, USA

Dr. Richard Hanowski is a Senior Research Scientist at the Virginia Tech Transportation Institute where he serves as Director of the Center for Truck and Bus Safety. He also serves as the Driver Impairment subject matter expert for the National Surface Transportation Safety Center for Excellence.

Dr. Hanowski has been involved in transportation human factors since 1991, with research focused on driver behavior and driving performance in commercial vehicle operations.
DAv ID HILL MAN
MBBS, FANZCA, FRCP(Edin), FRACP(Hon)
Clinical Professor
Chair, Sleep Health Foundation
Sleep Physician, Department of Pulmonary Physiology and Sleep Medicine
Sir Charles Gairdner Hospital, Perth, Western Australia
David Hillman is a sleep physician at the Department of Pulmonary Physiology and Sleep Medicine at Sir Charles Gairdner Hospital in Perth, Western Australia and a director of the West Australian Sleep Disorders Research Institute.
He is a respiratory physiologist, anaesthetist and sleep physician. His clinical and research interests focus on the physiology of the respiratory system and upper airway and their relationship to respiratory disease, sleep disorders and anaesthesia. He has published extensively in these and related areas.
He is a fellow of the Australian and New Zealand College of Anaesthetists, the Royal College of Physicians of Edinburgh and an honorary fellow of the Royal Australasian College of Physicians. He is a Clinical Professor at the University of Western Australia and a past president of the Australasian Sleep Association and of the Society of Anesthesia and Sleep Medicine. He is founding chair of Australia's Sleep Health Foundation, a national charity devoted to improving sleep health.

PROFESSOR RICHARD D. JONES
PhD FACPSEM FIPENZ SMIEEE FAIMBE FInstP
Neuroengineer & Neuroscientist
Director, Christchurch Neurotechnology Research Programme, Canterbury DHB & University of Canterbury & University of Otago & NZ Brain Research Institute
Professor, Department of Electrical & Computer Engineering, Department of Communication Disorders, Department of Psychology, University of Canterbury
Research Associate Professor, Department of Medicine, University of Otago, Christchurch
Senior Biomedical Engineer, Research & Training Coordinator, Department Medical Physics & Bioengineering, Christchurch Hospital
Dr Richard Jones is Director of the Christchurch Neurotechnology Research Programme (www.neurotechnz.com) based in the New Zealand Brain Research Institute (www.nzbri.org), a biomedical engineer at Christchurch Hospital, and a Professor in Electrical & Computer Engineering, and Psychology, and Communication Disorders at the University of Canterbury. His research interests fall largely within neural engineering and the neurosciences, with a focus on behavioural and physiological aspects of human performance, particularly relating to lapses of responsiveness and development of lapse detection technology. He is Editor of the Neural & Rehabilitation Engineering Theme at EMBC Conferences and an Associate Editor of IEEE Transactions on Neural Systems and Rehabilitation Engineering.

JANA p RICE
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<tr>
<th>Date</th>
<th>Time</th>
<th>Monday March</th>
<th>Tuesday March</th>
<th>Wednesday March</th>
<th>Thursday March</th>
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<tr>
<td>23 March</td>
<td>09.00 – 10.30</td>
<td>Opening Address</td>
<td>Plenary Speaker 4</td>
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<td>Closing Panel</td>
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<td>17.00 – 19.00</td>
<td>Welcome Reception</td>
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<td>Optional Social Activities</td>
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The field of Fatigue Management is evolving rapidly, especially due to factors such as technology and changes in workforce structures. Significant research and case studies will be presented during the conference, but how will you make sense of it all so you can put it into practice? This workshop is suitable for those new to Fatigue Management as well as anyone who is more of a veteran, as the session will focus on what has been proven to work in relation to training, hours of work analysis, change management, monitoring technologies and risk assessment. Participants will leave with a prioritised road map for implementation in their own operations.

Workshop Facilitator: Dr Adam Fletcher, Integrated Safety Support

Dr Adam Fletcher has been researching and consulting within the Fatigue Management and sleep fields for 20 years. His research roles included time with the US Army and the University of South Australia. Since 2006 he has focussed Integrated Safety Support on generating value for industry and government clients by simplifying cutting edge scientific and medical information into practical applications. Recent clients include: Air France, Airservices, Aurizon, Australian Helicopters, Bis Industries, BP, Downer Mining, Esso, Jemena, Linfox, Ok Tedi Mining, Sydney Trains, NASA, Queensland Ambulance Service, SA Power Networks, and Virgin Australia.
We have secured special discounted room rates at the Esplanade Hotel and Rosie O'Grady’s especially for Conference delegates. You can book these through the online registration form.

**ESPLANADE HOTEL FREMANTLE BY RYDGES**
(Conference venue)

- ★★★★★
- Superior Room: $245 per night
- Check In: 14.00, Check Out: 10.00

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**HOUGOUMONT HOTEL**
(5 minute walk to venue)

- ★★★★★
- 7-15 Bannister Street
- Cabin Room: $189 per night
- Check In: 14.00, Check Out: 11.00

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**ROSIE O’GRADY’S**
(8 minutes walk to venue)

- ★★★
- 23 William Street, Fremantle
- Standard Room (Shared Facilities - Fan Cooled): $110 per night
- Check In: 14.00, Check Out: 10.00

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**Cancellation of Booking**

- Esplanade Hotel Fremantle by Rydges - Within 14 days of arrival, reservations cancelled will be subject to a minimum charge of one night’s room charge.
- Hougomont Hotel - Cancellation needs to be made with 24 hours’ notice or one night’s accommodation will be charged.

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**Deposit**

- Either one night’s accommodation rate or a credit card is required to secure your room. Please note bookings that have not been advised either method by 19 February 2015 will be cancelled. Delegates are required to settle their own accounts including incidentals incurred upon check out.

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*Avoid Disappointment Book by 19 February 2015*
Registration must be completed online through the Conference website www.fatigueconference2015. Visit the registration page and follow the prompts to complete the registration details as requested. We suggest that you print a copy of your registration prior to submission.

**REGISTRATION FEES**

All prices quoted in this brochure are inclusive of GST.

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<tr>
<th>Registration Type</th>
<th>Early Bird (Closes 19/12/14)</th>
<th>Regular (20/12/14 - 8/03/15)</th>
<th>Late* (9/03/15 onwards)</th>
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<tr>
<td>Full Registration</td>
<td>$990</td>
<td>$1190</td>
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<td>Student Registration**</td>
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<td>Day Registration</td>
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* Late Registration: whilst we will make every endeavour to provide late registrations with full Conference entitlements, we cannot guarantee that you will receive a Conference satchel, satchel inserts or Conference program. Some social functions might also not be available this close to the Conference. This is due largely to the deadlines leading up to the Conference.

** Student registrations must supply proof of full-time student status from their institution.

**REGISTRATION FEE ENTITIEMENTS**

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<th>Entitlement</th>
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<tr>
<td>Admission to Conference Sessions</td>
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<td>Tea Breaks &amp; Lunches</td>
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<td>Welcome Reception</td>
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<td>Conference Satchel, Name Badge &amp; Handbook</td>
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Child Care
Please note that no of cial arrangements have been made for child care during the Conference. We suggest you check with your accommodation provider who may be able to assist you further with babysitting services during your stay.

Communication
All communication with delegates will be by email. If you register and do not receive confirmation within 5 working days please contact the Conference Secretariat – EECW Pty Ltd: (03) 9863 7606 or email: michelle.by@eeuw.com.au.

Dress
Conference Sessions: Smart Casual
Welcome Reception: Smart Casual

Liability
In the event of industrial disruption or other unforeseen circumstances, the Host, Organising Committee and EECW Pty Ltd accept no responsibility for loss of monies incurred by delay or cancellation.

Meals
We recognise that some delegates may have special dietary requirements. Please advise the Conference Secretariat via the registration form or in writing should you require alternative arrangements be made on your behalf.

Please Note: Dietary requirements received less than 72 hours prior to the event cannot be guaranteed. Kosher meals may be available, however please note this will be at an additional cost.

Smoking Policy
The West Australian Government imposes a strict no smoking policy in venues, restaurants, bars and shopping centres in Perth.

Conference Venue
Esplanade Hotel Fremantle by Rydges
Corner Marine Terrace & Essex Street
Fremantle, Western Australia
T: (08) 9432 4000

Located in the heart of Fremantle, this international business and leisure hotel offers warm, friendly and professional service, in simple, elegant and relaxed surroundings.

The Esplanade Hotel Fremantle by Rydges is located 20 minutes by car/taxi from the City of Perth and 30 minutes from Perth’s domestic and international airport terminals. It is only a two-minute walk to business services, shopping, markets, restaurants, fishing boats, cafes, cinemas, galleries and colonial history.

Website
www.fatigueconference2015.com.au

The information provided within this brochure and program is correct at the time of printing.

The Conference website will be updated regularly and we urge those interested to view the site for further details on the program, general information and to register for the Conference.