



Managing rail staff fatigue

16. References

Belenky G, Westensen NJ, Thorne DR, Thomas ML, Sing HC, Redmond DP, Russo MB and Balkin TJ (2003) 'Patterns of performance degradation using sleep restriction and subsequent recovery: a sleep dose-response study. *Journal of Sleep Research*', 12; pages 1 to 12

Civil Aviation Safety Authority (CASA) (2014) *Biomathematical Fatigue Models Guidance Document* (viewed on 13 August 2024)

Costa G (2003) 'Shift work and occupational medicine: an overview' *Occupational Medicine*, 53, pages 83 to 88

Dawson D and Reid K (1997) 'Fatigue, alcohol and performance impairment' *Nature*, 388, page 235

Dawson D, Fletcher A and Hussey F (2000) 'Beyond the Midnight Oil: Parliamentary Inquiry into Managing Fatigue in Transport', Adelaide: Centre for Sleep Research, University of South Australia

Dawson D, Noy YI, Harma M, Akerstedt T and Belenky G (2011) 'Modelling fatigue and the use of fatigue models in work settings. *Accident Analysis and Prevention*', 43, pages 549 to 564

Dembe A B, Erickson R, Delbos S and Banks S (2005) 'The impact of overtime and long work hours on occupational injuries and illnesses: new evidence from the United States' *Occupational and Environmental Medicine*, 62, pages 588 to 597

Dorrian J, Baulk SD, and Dawson D (2011) 'Work hours, workload, sleep and fatigue in Australian Rail Industry employees' *Applied ergonomics*, 42(2), pages 202 to 209

Driscoll RT, Grunstein RR and Rogers NL (2007) 'A systematic review of the neurobehavioural and physiological effects of shiftwork systems' *Sleep Medicine Reviews*, 11, pages 179 to 194

Flin R, O'Connor P and Crichton M (2008) 'Safety at the Sharp End - A Guide to Non-Technical Skills', CRC Press, Taylor and Francis Group

Folkard S (2000) 'Foreword to: The impact of shiftwork and fatigue on safety' Railtrack PLC, January 2003

Folkard S, Akerstedt T (2004) 'Trends in the risk of accidents and injuries and their implications for models of fatigue and performance' *Aviation, Space and Environmental Medicine*, 75, 3 supplement; A161-A167

Folkard S, Lombardi DA (2006) 'Modelling the impact of the components of long work hours on injuries and accidents' *American Journal of Industrial Medicine*, 49, pages 953 to 963

Folkard S (2008) 'Do permanent night workers show circadian adjustment? A review based on the endogenous melatonin rhythm' *Chronobiology International*, 25 (2-3), pages 215 to 224

Fourie C, Holmes A, Hilditch C, Bourgeois-Bougrine S and Jackson P (2010a) 'Fatigue risk management systems: a review' Research Report Number 110, London: Department for Transport

Fourie C, Holmes A, Hilditch C, Bourgeois-Bougrine, S and Jackson P (2010b) 'Interviews with operators, regulators and researchers with experience of implementing fatigue risk management systems' Research Report Number 120, London: Department for Transport

Gurubhagavatula I, Barger L K, Barnes C M, Basner M, Boivin D B, Dawson D, Drake C L, Flynn-Evans E E, Mysliwiec V, Patterson P D, Reid K J, Samuels C, Shattuck N L, Kazmi U, Carandang G, Heald J L, and Van Dongen H P A (2021) 'Guiding principles for determining work shift duration and addressing the effects of work shift duration on performance, safety, and health: Guidance from the American Academy of Sleep Medicine and the Sleep Research Society' *Sleep*, 44(11), page 16

Harrington J M (2001) 'Health effects of shift work and extended hours of work' *Occupational and Environmental Medicine* 58, pages 68 to 72

Health & Safety Executive (HSE) (1999) 'Validation and Development of a Method for Assessing the Risks Arising from Mental Fatigue'

Health & Safety Executive (HSE) (2001) 'Work-related Road Safety Task Group – Reducing at-work road traffic incidents' (viewed on 13 August 2024)

Health & Safety Laboratory (HSL) (2008) 'Evaluation of the UK Rail Sector Initial Fatigue & Risk Index Thresholds: Identifying Good Practice'

Hilditch C J, Dorrian J, Centofanti S A, Van Dongen H P A and Banks S (2017) 'Sleep inertia associated with a 10-min nap before the commute home following a night shift: A laboratory simulation study' *Accident Analysis & Prevention*, 99 (Part B), pages 411 to 415

IARC (2010) 'IARC monographs on the evaluation of carcinogenic risks to humans' Volume 98 on Shiftwork, International Agency for Research on Cancer. Lyon, France (viewed on 13 August 2024)

Itani O, Jike M, Watanabe N, Kaneita Y (2017) 'Short sleep duration and health outcomes: A systematic review, meta-analysis, and meta-regression' *Sleep Medicine*, 32, pages 246 to 256

Jackson, P (2008) 'Designing a Company Fatigue Reporting System' Presentation by Clockwork Research Ltd

Knutsson A (2003) 'Health disorders of shift workers' *Occupational Medicine* 53, pages 103 to 108

McGuffog A, Spencer M B, Stone B M and Turner C (2005) 'Guidelines for the Management and Reduction of Fatigue in Train Drivers' T059, RSSB (viewed on 13 August 2024)

Monk (2005) 'Shift Work: Basic Principles In book: Principles and Practice of Sleep Medicine' pages 673 to 679

Moreno C, Marqueze E, Sargent C, Wright K, Ferguson S and Tucker P (2019) 'Working Time Society: Consensus Statements: Evidence-based effects of shiftwork on physical and mental health' *Industrial Health* 57, pages 139 to 157

ORR (2006) 'Managing fatigue in safety critical work Railways and Other Guided Transport Systems (Safety) Regulations 2006'

Pack A I, Pack A M, Rodgman E, Cucchiara A, Dinges D F and Schwab C W (1995) 'Characteristics of crashes attributed to the driver having fallen asleep' *Accident Analysis and Prevention*, 27(6), pages 769 to 775

Robertson K, Spencer M, McGuffog A and Stone B (2010) 'Fatigue and Shiftwork for Freight Locomotive Drivers and Contract Trackworkers: Implications for Fatigue and Safety' (T699), RSSB

RSSB (2005) 'Research Report T059, Human factors study of fatigue and shift work. Human factors

study of fatigue and shift work' (T059) (viewed on 13 August 2024)

RSSB (2006) 'Human factors study of obstructive sleep apnoea in train drivers Human factors study of obstructive sleep apnoea in train drivers' (T299) (viewed on 13 August 2024)

RSSB (2010) 'Fatigue and shift work for freight locomotive drivers and contract trackworkers Fatigue and shiftwork for freight locomotive drivers and contract trackworkers' (T699) (viewed on 13 August 2024)

RSSB (2012) 'Fatigue Management – A Good Practice Guide' RS504 Issue 1 (viewed on 13 August 2024)

RSSB. (2013) 'Managing Occupational Road Risk Associated with Driver Fatigue: A Good Practice Guide' (Needs login account. Viewed on 13 August 2024)

RSSB (2014) 'Guidance on Medical Fitness for Railway Safety Critical workers' GOGN3655 Issue 2 (under review) (viewed on 13 August 2024)

RSSB (2016) 'Guidance document on biomathematical fatigue models' T1083 (Needs login account. Viewed on 13 August 2024)

RSSB (2020) '9 Things You Should Consider for Your Fatigue Risk Management Plan'

RSSB (2021) 'Understanding the Functional Requirements for Train Driver Attention and Alertness Monitoring Devices' (T1193) (viewed on 13 August 2024)

RSSB (2022) 'Fitness for Duty and Assessing Fatigue: A Good Practice Guide' Issue 2 (Needs login account. Viewed on 13 August 2024)

RSSB (2022) 'Good Practice Guidance - Helping you manage fatigue risk while on call' (Needs login account. Viewed on 13 August 2024)

Ruggiero J S and Redeker N S (2014) 'Effects of napping on sleepiness and sleep-related performance deficits in night-shift workers: A systematic review' Biological Research for Nursing, 16(2), pages 134 to 142 (viewed on 13 August 2024)

Samn S W and Perelli L P (1982) 'Estimating aircrew fatigue: a technique with application to airlift operations' USAF School of Aerospace Medicine Technical Report No. SAM-TR-82-21

Spencer M B, Robertson K A and Folkard S (2006) 'The development of a fatigue/risk index for shiftworkers' HSE Books Research Report 446 (viewed on 13 August 2024)

Summala H, Hakkanen H, Mikkola T and Sinkkonen J (1999) 'Task effects on fatigue symptoms in overnight driving' *Ergonomics*, 42(6), pages 798 to 806

Van Dongen H P, Maislin G, Mullington J M and Dinges D F (2003) 'The cumulative cost of additional wakefulness: dose-response effects on neurobehavioral functions and sleep physiology from chronic sleep restriction and total sleep deprivation' *Sleep*, 2, pages 117 to 126

Walsh J K, Randazzo A C, Stone K L, Schweitzer P K (2004) 'Modafinil improves alertness, vigilance, and executive function during simulated night shifts' *Sleep*, 27, pages 434 to 439

Relevant professional societies

Professional societies whose membership includes experts in human performance, fatigue, shift work and human reliability include:

- The British Psychological Society, St Andrews House, 48 Princess Road East, Leicester LE1 7DR.
- Chartered Institute of Ergonomics and Human Factors, 7 The Courtyard, Wootton Park, Wootton Waven, Warwickshire B95 6HJ.
- Society of Occupational Medicine, 2 St Andrew's Place, Regent's Park, London NW1 4LB.