CASE STUDY: Munnelly Support Services – *Fatigue 360 Software*

Fatigue management has been a key topic within the rail industry since the launch of the Fatigue Index by the Health and Safety Executive (HSE) in 2006. Fatigue Index is a calculation that predicts a worker's fatigue levels based on inputted variables such as shift length, travel and rest periods. The calculation and monitoring of fatigue within the rail sector are both regulated and compulsory across all UK rail sites.

The topic of fatigue and its effects are now being viewed as a huge concern within the construction industry, with many large organisations now realising that having fatigued workers on construction sites creates health and safety risks.

The Fatigue Problem

Fatigue has been a contributory factor to many incidents across the globe. According to HSE, fatigue has been implicated in 20% of accidents on major roads and is said to cost the UK £115-£240 million per year.

It is also proven to affect people's cognitive and responsive mechanisms. Slower reactions, poor decision making and falling asleep are key characteristics of fatigue, and all contribute to accidents and injuries in and out of the workplace. Construction sites are dangerous and high risk areas that require workers to always be protected and alert.

A small mistake resulting from fatigue can have harmful consequences for those involved. As the construction industry is now aware of fatigue and its negative effects, they are looking for solutions, best practices and examples of how other industries, like rail, are combatting fatigue.

Our Solution

MacRail Systems Ltd, a company of Munnelly Group PLC, has recently launched a new cloud-based fatigue management system, Fatigue360. It enables organisations to plan, monitor and mitigate the onset and effects of fatigue across the workforce.
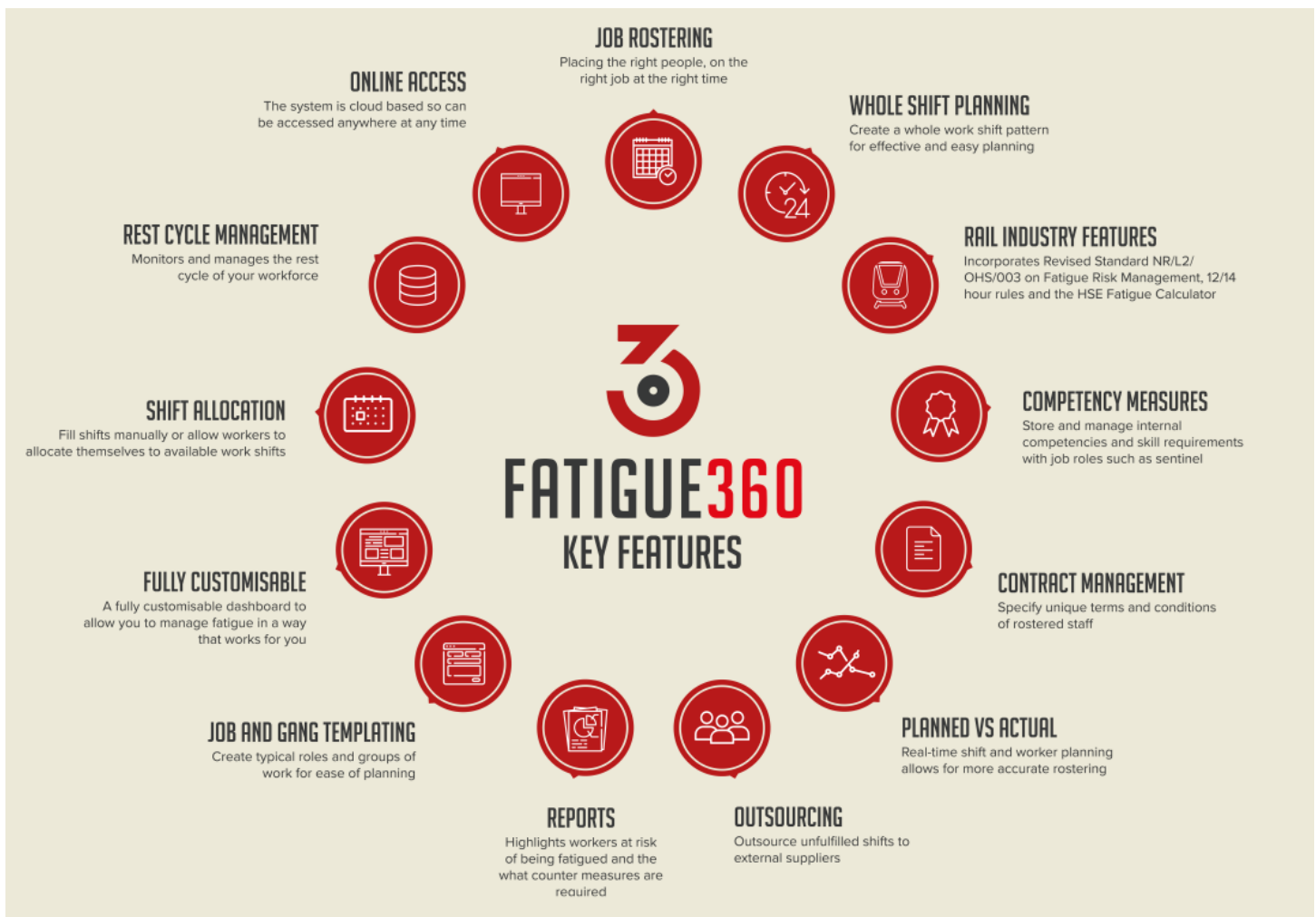
Complying with rail standards, Fatigue360 software allows organisations to develop a complete fatigue management strategy to address fatigue in the workforce, with the added ability of real-time programming and monitoring of worker fatigue levels. Since its launch, Fatigue360 has been adopted by many organisations across the UK as their chosen fatigue management tool. The software allows organisations to consider critical information and data to calculate an individual's fatigue level.

How the software tracks fatigue levels:

- Fatigue360 automates key areas of a worker's cycle, such as their commute, hours worked, consecutive days working and rest periods.
- The information is captured in real-time once a worker has inputted data into the system.
- Any worker that is scheduled to work hours that then exceed the agreed fatigue levels are highlighted and omitted from being selected to work certain shifts until their fatigue levels reduce.

This results in programmers and shift rosterers only being able to present a well-rested and non-fatigued workforce within their programme of work, emanating and mitigating fatigue-related risks.

Fatigue 360 Features

The Benefits:

The use of fatigue management software enables employers and industries to:

- Demonstrate and focus on employee health, safety and welfare.

- Proactively manage fatigue.
- Create time and cost savings through productive working.
- Prevent workforce-related accidents.

In Summary

Our Fatigue360 system helps put a fatigue management plan into place across an entire organisation, allowing employers to beat fatigue in the workplace and eliminates its health and safety risks.

- **Plan and Monitor Fatigue:** Every organisation has unique needs that shape its fatigue management plan, as the structure of an organisation impacts how their workforce management solution is set up.

- **Improve Profitability and Increase Performance:** To have efficient, hardworking, happy, engaged and committed employees, employers must have fatigue management processes. Using our fatigue management system allows organisations to simplify their compliance, follow best practices and improve employee morale whilst taking care of their safety.

- **Advanced and Gain Insight with Fatigue360:** Gathering data on worker's fatigue levels allow an organisation to review, assess and learn from employee working patterns, in turn, providing employees with fatigue-free and safe work/life balance.

For more information on how Fatigue360 can benefit your organisation and workforce, or to request a free demonstration of the software please click **here**.

To find out more about Munnelly Support Services, please click **here**.

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