



AUSTRALASIAN SLEEP ASSOCIATION

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National Transport Commission
Public submission – Effective Fatigue Management, Heavy Vehicle National Law
Level 3/600 Bourke Street
MELBOURNE VIC 3000
enquiries@ntc.gov.au

Re : Effective Fatigue Management, Heavy Vehicle National Law

The Australasian Sleep Association (ASA) is the peak scientific body in Australia & New Zealand representing clinicians, scientists and researchers in the broad area of Sleep. Our vision is the provision of world standard research, education and training, and establishment of clinical standards to ensure clinical best practice in sleep medicine resulting in an informed community with healthy sleep practices.

ASA supports good fatigue management practices and the implementation of reviews of current fatigue management within the transportation industry.

The ASA suggests that in developing new regulations regarding HVNL fatigue management, adequate consultation and support from both industry bodies and scientific evidence be sought. As highlighted within the report, fatigue management cannot be a “one size fits all” approach and so we suggest that processes in other industries, such as the aviation industry, be used as guides when developing the HVNL fatigue management guidelines. With increasing technology, monitoring fatigue and sleep has become easier, however, it is important that any industry does not become too reliant upon any one element in managing fatigue.

Fatigue management is a multi-step process that should encompass a number of elements to minimise and prevent potential fatigue related incidents and accidents that may occur within heavy vehicle transportation.

Should you require any further information in this regard please do not hesitate to contact me on 0404822197, e-mail: peter.eastwood@health.wa.gov.au.

Kind regards

Peter Eastwood
President

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Occupational Health Safety &
Performance Council Co-Chair