

# Fatigue Risk Management Systems for Personnel in the Refining and Petrochemical Industries

ANSI/API RECOMMENDED PRACTICE 755  
FIRST EDITION, APRIL 2010



AMERICAN PETROLEUM INSTITUTE





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**Downstream Segment**

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## Foreword

Implementation of the recommendations in this document are intended to produce a step-change in fatigue management and are not to be thought of as the end point, but rather the beginning. To ensure this, it is anticipated that stakeholders and interested members of the scientific and academic communities will evaluate the effectiveness of the implementation of these guidelines over the next five years. At the end of this five year period, if not sooner, this document will be opened for review and amendment.

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# Fatigue Risk Management Systems for Personnel in the Petroleum and Petrochemical Industries

## 1 Scope

This recommended practice (RP) provides guidance to all stakeholders (e.g. employees, managers, supervisors, contractors) on understanding, recognizing and managing fatigue in the workplace. Owners and operators should establish policies and procedures to meet the purpose of this recommended practice.

This RP was developed for refineries, petrochemical and chemical operations, natural gas liquefaction plants, and other facilities such as those covered by the OSHA Process Safety Management Standard, 29 *CFR* 1910.119. This document is intended to apply to a workforce that is commuting daily to a job location.

### 1.1 Overview

It has been documented that excess workplace fatigue is a risk to safe operations and that prescriptive Hours of Service rules should be supplemented as necessary. Thus, fatigue mitigation should be addressed through a comprehensive fatigue risk management system (FRMS) that is integrated with other safety management systems, as necessary.

Similar to other safety management systems, everyone—the workforce and senior management—has a role in recognizing the importance of workplace fatigue risk mitigation and actively working to support the goals of the FRMS.

The FRMS should be based on sound science and recognize operational issues, and shall include consultation with key stakeholders in the development and implementation of the local application of the FRMS. The FRMS should include a process to review and enhance the FRMS, as needed, with a goal of continuous improvement.

## 2 Normative References

This document contains no normative references. For a list of documents and articles associated with API RP 755 and fatigue risk management, please see the Bibliography.

## 3 Terms and Definitions

For the purpose of this publication, the following definitions apply.

### 3.1

#### **call-out**

Summoning an employee to the work site to perform work that (s)he was not scheduled to perform.

### 3.2

#### **extended shifts**

Time an employee is assigned to work that extends outside their regularly scheduled shift hours and into other shifts.

### 3.3

#### **fatigue**

Reduced mental and physical functioning caused by sleep deprivation and/or being awake during normal sleep hours. This may result from extended work hours, insufficient opportunities for sleep, failure to use available sleep opportunities, or the effects of sleep disorders, medical conditions or pharmaceuticals which reduce sleep or increase sleepiness.