An introduction to Advanced Fatigue Management

July 2019
Advanced Fatigue Management (AFM) can be a powerful tool in your business to unlock flexibility, reduce complexity and improve safety. Obtaining AFM accreditation for your operations may therefore result in a significant return on investment. This booklet provides an introduction to some key aspects of AFM.

**What’s AFM?**

AFM is a module in the National Heavy Vehicle Accreditation Scheme (NHVAS) that provides a non-prescriptive approach to work and rest hours. Participants in AFM set their own work and rest hours—rather than using the hours specified by Standard Hours or Basic Fatigue Management (BFM)—based on a risk management approach to fatigue. To use AFM, transport operators must have a Fatigue Risk Management System (FRMS) in place.
Who’s eligible to apply?
Any transport operator can apply for AFM accreditation, including owner drivers who only operate their own vehicles.

What are the key benefits of AFM?
Based on the way AFM is currently used within the heavy vehicle industry, there are two main types of benefit. The first is commercial. For example, you may experience commercial benefits by:
• having the hours available to cover new routes
• being able to complete routes more effectively than your competitors
• attracting and retaining experienced drivers
• attaining a higher level of efficiency
• demonstrating a commitment to safety.

The second type of benefit is ease of use. For example, you may experience ease of use benefits by:
• creating a set of work and rest rules that’s easier to understand
• being able to develop simpler schedules
• reducing confusion and compliance stress for drivers.

You may also be able to enhance safety in your operations by having an FRMS in place as part of AFM. If you currently have a Safety Management System in place, you may already be meeting some AFM requirements. These safety benefits could also flow on to your Chain of Responsibility obligations.
**Where can I use AFM?**

If you hold AFM accreditation, you can operate under those work and rest hours in any jurisdiction participating in the Heavy Vehicle National Law (i.e. the ACT, Queensland, New South Wales, South Australia, Tasmania and Victoria). If you’re operating in Western Australia or the Northern Territory, you must adhere to the fatigue management requirements of those jurisdictions.

**What’s the difference between AFM and BFM?**

AFM allows you more flexibility than BFM for the hours of work and rest you want to use. While the BFM work and rest hours are more generous than Standard Hours, they’re still pre-set and may not suit what you’re trying to achieve. AFM gives you the control to set the work and rest hours you need.

If you’re currently BFM accredited, you’re more than halfway to fulfilling the requirements—or standards—of AFM. There are six BFM Standards and 10 AFM Standards.

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**National Heavy Vehicle Accreditation Scheme**

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<tr>
<th>BFM</th>
<th>AFM</th>
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<td>Highly structured</td>
<td>Self-managed</td>
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<td>Limited flexibility</td>
<td>Flexibility Available</td>
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<td>Prescriptive</td>
<td>Regulatory Approach</td>
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<td>Structure</td>
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<td>Highly flexible</td>
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**STANDARD HOURS**
If you’re currently BFM accredited, it’s possible you’re already meeting the additional standards of AFM; so it may be worthwhile having this recognised to give you the extra flexibility that AFM provides.

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<thead>
<tr>
<th>AFM Standards</th>
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<tbody>
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<td>1. Scheduling and rostering</td>
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<td>2. Readiness for duty</td>
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<td>3. Fatigue knowledge and awareness</td>
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<td>6. Records and documentation</td>
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<td>7. Health</td>
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<td>8. Workplace conditions</td>
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<td>9. Management practices</td>
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<td>10. Operating limits</td>
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How do I get AFM?

The basic steps you’ll need to take are:

• Determine the work and rest hours you want for your business, based on your existing schedules, upcoming contracts etc.
• Enter your proposed work and rest hours into the Fatigue Risk Assessment Tool to obtain your risk scores.
• Determine the countermeasures that are appropriate for your business and include them in your Safety Case.
• Compile your FRMS and policies and procedures in alignment with the AFM Standards.
• Submit your application to the NHVR.

The Preparing to Apply booklet provides details about preparing your application and the documents you’ll need to provide. You’ll also find other resources, such as additional guidance material and templates, on the NHVR website at www.nhvr.gov.au/afm.

What’s the cost?

There’s a nominal NHVR administration fee for establishing, maintaining or adding your AFM accreditation. Accreditation typically lasts for two years. You may also incur a fee in relation to the AFM audit requirements (see Audit following).

For current fees, refer to the NHVAS fee schedule on the Fees section at www.nhvr.gov.au/nhvas.

You may also experience some internal costs, in terms of the time and effort taken to develop your FRMS and produce the documentation for your application. Please note that there is no NHVR requirement for businesses to hire consultants or fatigue experts prior to applying.
Audit

There is an audit component to AFM accreditation. For full details on audit requirements, see the Audit framework and requirements section at www.nhvr.gov.au/nhvas.

Training

When you’re operating under AFM accreditation, you may need your drivers, schedulers and supervisors, or managers of drivers or schedulers, to complete fatigue units of competency offered by Registered Training Organisations. This will depend on your organisational structure and how you allocate responsibilities in your FRMS.

These units of competency are:

TLIF0005 - Apply a Fatigue Risk Management System

TLIF0006 - Administer a Fatigue Risk Management System

What next?

Please read the Preparing to Apply booklet for further information about completing the steps to submit your application.