

# First responder fatigue risk management system



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**CSA Z1615:22**

***First responder fatigue risk  
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# Preface

This is the first edition of CSA Z1615, *First responder fatigue risk management system*.

This Standard sets out requirements and provides guidance to support Canadian first responder organizations to mitigate the risk of harm if fatigue is present, by identifying hazards, and assessing and controlling risks. This Standard and its requirements can be applied to any type of risk related to fatigue, and can be applied to both sleep-related and task-related fatigue.

This Standard is an evidence-informed document that encompasses existing CSA Standards and provides minimum requirements and guidance for first responder organizations to support their mitigation strategies to address the risk of harm if fatigue is present in the workplace. Addressing fatigue in the workplace can enhance user health, safety, and well-being, and optimize system performance in order to prevent occupational injuries and illnesses and maximize the ability to provide safe and effective service to Canadians.

CSA Group acknowledges that the development of this Standard was made possible, in part, by the financial support of the Canadian Safety and Security Program (CSSP), managed through the Defence Research and Development Canada, Centre for Security Science (DRDC CSS). Project partners providing support are the Canadian Institute for Safety, Wellness, and Performance (CISWP) at Conestoga College Institute of Technology & Advanced Learning, County of Renfrew Paramedic Service, Paramedic Association of Canada, and Paramedic Chiefs of Canada. The views expressed in this Standard do not necessarily reflect those of DRDC CSS/CSSP.

This Standard was prepared by the Technical Committee on First Responder Fatigue Risk Management System, under the jurisdiction of the Strategic Steering Committee on Public Safety, and has been formally approved by the Technical Committee.

This Standard has been developed in compliance with Standards Council of Canada requirements for National Standards of Canada. It has been published as a National Standard of Canada by CSA Group.

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- d) *rationale for the change.*

# CSA Z1615:22

## ***First responder fatigue risk management system***

### **0 Introduction**

This Standard provides principles and requirements for a fatigue risk management (FRM) system for first responders (persons employed by paramedic, police, or fire services). The objective of a FRM system is to mitigate the risk of harm to first responders, their workplace, and the surrounding environment. This Standard applies a holistic approach to fatigue, recognizing fatigue as a multi-causal and multi-dimensional phenomenon. The application of this Standard is for first responder occupations across Canada, and can be applied throughout the life of an organization and to a wide range of activities, including strategies and decisions, operations, processes, functions, projects, products, services, and assets.

The design and implementation of a FRM system needs to take into account the varying needs of the specific first responder occupation, a specific organization, its particular objectives, context, structure, operations, processes, functions, projects, products, services, or assets, and specific practices employed.

### **1 Scope**

#### **1.1 General**

This Standard specifies requirements for the identification of hazards, and assessment and control of risks, across first responder occupations. This Standard can be applied to any type of risk and can be applied to both sleep-related and task-related fatigue.

It is intended that this Standard be utilized to harmonize risk management processes in existing and future standards. It provides a common approach in support of standards dealing with specific risks and/or specific first responder occupations and does not replace those standards.

#### **1.2 Structure**

This Standard provides a framework for organizations to prepare for and respond to fatigue risk management at the organizational level. A FRM system includes policies, processes, programs, procedures, and practices related to the following:

- a) a voluntary framework for fatigue risk management at the organizational/system level;
- b) requirements and direction on planning, developing, implementing, and evaluating the FRM system within the framework; and
- c) informative guidance on risk assessment tools, implementing feasible risk control strategies and performance indicators.

Clause [4](#) sets a series of requirements to establish organizational commitment by identifying roles and responsibilities to a fatigue risk management (FRM) system. Clause [5](#) sets a series of requirements for first responder organizations in planning for a FRM system. Clause [6](#) outlines requirements for implementing an effective FRM system. Clause [7](#) outlines the FRM process in identifying hazards, evaluating risk, and controlling risks.