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8.13.1

Introduction

Fatigue is a reduction in physical and/or mental capacity as a result of physical, mental or emotional exertion which may impair the ability of a person to operate safely.

On the South Tynedale Railway safety critical roles can require long periods of physical and mental effort in less than optimal working conditions. Examples of this are working for long periods of time in extremes of heat or cold or in a challenging physical environment.

8.13.2

STRPS Response


In order reduce the risk of fatigue leading to unsafe working the trustees of the South Tynedale Railway Preservation Society should organise working patterns and the working environment to minimise the risk of fatigue. In particular where volunteers have long working days and hard physical work, measures should be put in place to enable volunteers to raise any concerns about fatigue and should receive an understanding response from the trustees. Measures such as split shifts and investment in labour saving plant and equipment should be considered.

Volunteers have a duty to consider whether they are fit for duty and if they feel unable to operate safely on running days they should talk to the Duty Operations Manager (DOM) about whether they should continue with their duty. Similarly the DOM should keep an eye on all operational volunteers when the railway is running and with sensitivity enquire about how they are feeling.

In terms of volunteer welfare on running days the DOM may make arrangements for the provision of drinks and refreshments as necessary and which will be paid for by STRPS.

The DOM has the authority to send any volunteer home if they are not considered fit for duty, even if this may mean a service cancellation.

On non running days the Responsible Person has the same duty to look out for the wellbeing of all personnel on site.

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8.13.3

Practical measures to remain fit and well during operational turns include:

- Arrive for duty in good time in order to prepare for the day
- Take rest periods as agreed, even if it may mean delaying a service
- Ensure a good night's sleep before coming on duty
- Avoid alcohol the day before duty
- Eat well and remain properly hydrated during the turn
- If any interpersonal issues arise duty the operational turn volunteers should feel free to discuss these with the DOM and agree a plan for dealing with such situations

8.13.4

Reference

HSE document Managing Fatigue Risks

[Specific topic 2: Managing fatigue risks](#)