



FÖRSVARSMAKTEN

FATIGUE IN EXERCISES

NATIONAL FOCUS FOR DEFENCE

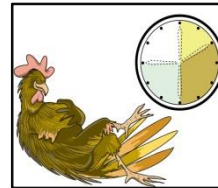
FATIGUE

- 15 – 30% of all accidents (road, rail, sea or air) are related to fatigue
- Swedish armed forces statutes our own regulation (exceptions from civil traffic regulations)
 - 6 hours rest in every 24 hour period
 - The natural limitations for human sets the limitations of action/possible use of personell
 - Despite this – the AF need the possibility to operate 24/7
 - Possibility to operate during 72h with less than 6h rest
 - At least 24 hours recovery before new assignment

EDUCATION IN THE RISK FATIGUE

→ Education in fatigue included in the risk assessment course (included in all driver education regardless of vehicle type)

- Total fatigue education 1,5h
- Emphasise the humans physical limitations
- Signs of fatigue - you and others
- Effects of fatigue
- How to handle fatigue in the long run during excersices and education
 - Counter measures for fatigue long/short run
- KSS – Karolinska Sleepiness Scale
 - Prediction model
 - www.vire.arturcloud.com



NATIONAL FOCUS – SHIFT OF FOCUS

- From mission abroad to national defence
- Conscripts "instead" of employed soldiers and a "new" ranksystem (OR and OF instead of just OF)
- Tactical focus shift
- Ability to transport/move units all over the country in any conditions with limited(/no) support from MOVCON or MP
- How to handle the air threat, compared with the situation in a mission area?
- Crash tests with military equipment

- Building the total defence again including all civilian authorities and organisations
- Increasing budget → bigger organisation in short time
- Balance between tasks and resources (time)

CHALLENGES FOR THE FUTURE

- Strive for road safety work according ISO 39 001:2012
 - Set measurable road safety ambitions and indicators
 - Systematical followup
 - Implement measures to reach
 - Transparency of the development (according to Vison Zero)

Tools:

- Military textbook for driver education including road safety and maintenance
 - Ready for use in January 2021
- Simplify road safety regulations
- More concretized road safety measures in local level
- Followup road safety indicators in a more systematical way



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