

Fatigue at sea

Newsletter May 2006

Dear colleagues,

Picking up where our previous newsletter left off – our ethics application was approved and the study started in earnest. In January 2006, we toured Sweden's pilot stations, giving 23 talks in two weeks, meeting many interested pilots, boatmen, VTS personnel, channel and bridge operators. This was an introduction to the study and a possibility for the participants to learn more about fatigue and ask questions. Following this, we sent out questionnaires, work and rest logs to be filled in during a work period in early 2006. We are now starting the final data analysis. The response rate was on the low side; from 37% pilots to 24% (other groups). We expect to have preliminary results in June.

During March we performed a second pilot study onboard ship. This was to further test the equipment and to fine-tune the application of instruments and tests – in order to disturb participants as little as possible and to not take up too much of their “free” time. The second test worked better than the first (mentioned previously). All worked well, and the equipment could be worn/carried without hindering the officers in their work.

Due to the delays, we decided to postpone the “dark period” measurements until next winter (it was already getting too light!) and to start with the “light period” measurements instead. We are now in our first onboard data collection phase and have been onboard twice to collect data, and more ships will be joined in May and June.

We are planning a “half-way” **meeting** for September 5th. The venue is Kalmar Maritime Academy. A tentative time plan is 11.00-15.00 to allow for travelling on the same day. We plan to make it a two-step event:

1. Information about project status, preliminary results and future plans. Anyone may participate here.
2. A workshop/seminar focussing on more scientific issues, such as validity and generalisability of results and the plan for the simulator study. Members of the reference group are welcome.

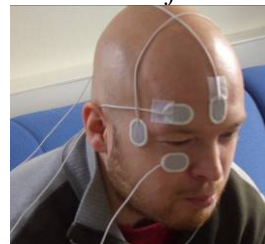
One part of the literature review is finished, and will be published on the website soon. **Future** plans: the final year project from Kalmar Maritime Academy (KMA) is being finalised. We are planning a simulator study in October, at KMA. During this we plan to further test two-watch systems against three-watch systems.

We send you all our best regards,

Margareta Lützhöft, VTI
Mats Gillberg, KI
Christian Lindquist, SMA

Please note that there is a project website at www.vti.se/fatigueatsea

Placement of EOG electrodes



Jens Nilsson, Head of Sleep Lab, KI