



Stockholm City Hall

Fatigue in the air and on the road

Symposium on May 11, 2009 in Stockholm, Sweden

Objective and focus

Fatigue has emerged as one of the major causes of accidents in the air, on the road and at sea. The amount of research has increased and we now have knowledge of the mechanisms and the countermeasures. Several countries have introduced countermeasures on a national level and internationally the European Union has decided on a common legal system for work hours for aircrew. This has recently been evaluated by an expert group.

The time is ripe for summarizing the state of the art with respect to fatigue in the air and on the road. Therefore the Stress Research Institute organizes a symposium on Fatigue in the air and on the road. The focus is on the applied aspects – the countermeasures. The symposium is aimed at decision makers and researchers in the area.

More information on www.stressresearch.se/fatigue



Syfte och inriktning

Trötthet har seglat upp som en av de viktigaste orsakerna till olyckor i luften, på väg och till sjöss. En hel del forskning finns nu tillgänglig om mekanismerna och motmedlen. Flera länder har på ett nationellt plan börjat arbeta med motåtgärder och inom flyget har ny EU-lagstiftning införts som nu har utvärderats. Nya ideér om trötthetshantering som alternativ eller komplement till lagstiftning har förts fram.

Det är nu tid att sammanfatta de viktigaste av det som är känt för att föra debatten vidare. Stressforskningsinstitutet organiserar därför ett symposium om trötthet i luften och på väg. Vi vänder oss till myndigheter, företag och organisationer inom transportområdet samt till forskare och övriga intresserade. Föreläsare är några av de ledande forskarna inom området. Språket är engelska, men möjlighet finns att ställa frågor på svenska.

Läs mer på www.stressresearch.se/fatigue



Programme

- 08.30 - 08.45** ■ **Welcome**
Torbjörn Åkerstedt, Director Stress Research Institute, Stockholm University, Sweden
- 08.45 - 09.30** ■ **Sleepiness - what is it, what causes it and how does it relate to accidents**
Torbjörn Åkerstedt, Stockholm University and Karolinska institutet, Stockholm, Sweden
- 09.30 - 10.00** ■ **Sleepiness at the wheel - causes and accidents**
Pierre Philip, Université de Bordeaux, CNRS, Bordeaux, France
- 10.00 - 10.30** ■ **Alertness monitoring devices**
Göran Kecklund, Stockholm University and Karolinska institutet, Stockholm, Sweden
- 10.30 - 11.00** **COFFEE BREAK**
- 11.00 - 11.30** ■ **Countermeasures against sleepiness at the wheel**
Anna Anund, National Swedish Road and Transport Research Institute, Linköping, Sweden
- 11.30 - 12.00** ■ **Alcohol and Sleepiness**
Jim Horne, University of Loughborough, Loughborough, UK
- 12.00 - 12.30** ■ **Predictive models of sleepiness - in the air and on the road**
Drew Dawson, University of South Australia, Adelaide, Australia
- 12.30 - 13.30** **LUNCH BREAK**
- 13.30 - 14.15** ■ **Government approaches to sleepiness on the road in UK, France and Australia**
1. Jim Horne, University of Loughborough, Loughborough, UK
2. Pierre Philip, Université de Bordeaux, CNRS, Bordeaux, France
3. Drew Dawson, University of South Australia, Adelaide, Australia
Questions 15 minutes
- 14.15 - 14.45** ■ **Alertness in the cockpit – accident risk and causes**
Mick Spencer, MB Spencer Ltd, Farnborough, UK
- 14.45 - 15.15** ■ **Some key points from the ECASS response to the EASA on Flight time limitations**
Barbara Stone, QinetiQ Ltd, UK
- 15.15 - 15.45** **COFFEE BREAK**
- 15.45 - 16.15** ■ **Fatigue risk management (FRM) report to ICAO**
Curt Graeber, The Graeber group, Kirkland WA, USA
Questions 5 minutes
- 16.15 - 16.45** ■ **Application of FRM – the Easyjet experience**
Simon Stewart, EasyJet, Luton, UK
Questions 5 minutes
- 16.45 - 17.15** ■ **Application of FRM - the Air New Zealand experience**
David Powell, Air New Zealand, Auckland, New Zealand
Questions 5 minutes

General information

Date and time

The Symposium will start on May 11, 2009 at 08.30 and close at approx. 17.30.

Sponsoring

The meeting is partly sponsored by the Swedish Road Administration (Skyltfonden), SAS, SWEALPA-Swedish Airline Pilots Association (SPF-Svensk Pilotförening) and Alecta pension insurance (Alecta pensionsförsäkring)



"The Auditorium" at Hilton Slussen.

Registration

Registrations must be made before April 30, 2009. Participants are kindly requested to register on the enclosed registration form and return the form to Stress Research Institute, by fax, e-mail or post. A confirmation will be sent to the e-mail address stated on the registration form.

Cancellation

Cancellation must be made no later than May 4, 2009 by fax, post or e-mail to Stress Research Institute, otherwise we must charge the Conference fee.

Conference fee

The conference fee includes conference facilities, lunch, morning and afternoon coffee. The Stress Research Institute will send an invoice after receipt of the registration form.

If registration is made:

before 31/3/2009, conference fee = **SEK 990**
before 30/4/2009, conference fee = **SEK 1.200**
after 30/4/2009, conference fee = **SEK 1.500**

Contact details

Postal Address: Stress Research Institute,
Stockholm University, SE-10691 Stockholm, Sweden
Telephone: +468 16 20 00 (exchange)
Fax: +468 55378900
E-mail: info@stressforskning.su.se
Website: www.stressresearch.se

Currency

The official currency is Swedish Krona (SEK), Feb 24, 2009.
1 EUR = SEK 11,41
1 USD = SEK 8,96
1 GBP = SEK 13,08
1 AUD = SEK 5,94

Language

The official language of the conference is english. No translation facilities will be provided.

Climate and dress

The weather in Stockholm at this time of the year is usually nice with temperatures around 15 degrees Celsius, but showers may occur and nights can be rather cold.

Conference Information

On our website www.stressresearch.se/fatigue, you will find all the necessary information and documentation concerning the conference.

Conference hall

The conference will take place at Hotel Hilton Slussen, situated close to the Old town in Stockholm (see map p. 3). The conference hall *The auditorium* has all the necessary technical equipment.

Travel arrangements and hotel rooms

Participants are kindly requested to make their own travel arrangements. Please, contact *Hilton Stockholm Slussen* for hotel rooms. Rooms are reserved for two nights - May 10 and 11, 2009 - but must be booked before March 31, 2009 either by phone +46851735310 or by e-mail reservation.slussen@hilton.com. Booking number is STRB100509.



Hotel Hilton, Slussen.

Contact details

Hilton Stockholm Slussen
Guldgränd 8, Box 15270,
SE-104 65 Stockholm, Sweden
Tel: 46-8-51735300
Fax: 46-8-51735311

Other hotels near Hotel Hilton Slussen

- **Rica Hotel Gamla Stan**, www.rica.se
- **Scandic Sjöfartshotellet**, www.scandichotels.com
- **First Hotel Reisen**, www.firsthotels.com

Information

Program and objectives

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Registration

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Stockholm - the Capital of Scandinavia

Welcome to one of the most beautiful cities in the world. Discover a city like no other - a city built on 14 islands, where you are never far from the water. Well-preserved medieval buildings stand alongside modern architecture. Stockholm is also residence of the Nobel Prize. And just outside the city, the archipelago of 24 000 islands is waiting to be explored. Read more about Sweden at www.visitsweden.com



The Old Town of Stockholm

Excursions

If you have time to stay in Stockholm, there are many places of interest to visit, e.g. :

1. Vasa museum - The Vasa is the world's only surviving 17th-century ship and one of the foremost tourist sights in the world. The ship is displayed in a purpose-built museum in Stockholm.

2. The Royal Palace - the formal residence of the Swedish Royal family.

3. The Viking town of Birka - Birka is the remains of a Viking Age community on the island of Björkö in Lake Mälaren. There is a museum on the island, as well as excavations.

4. Skansen - the oldest open-air museum in the world. Skansen is also a zoological park specializing mainly in Scandinavian wildlife. It is located on Djurgården, a royal park near the centre of Stockholm.

Getting to Stockholm

Arlanda Airport is situated 40 kilometres north of the city centre. There is a regular coach service, run by Flygbussarna, between Arlanda Airport and Stockholms central station.

There is also a fast train service called Arlanda Express, which runs between Arlanda and the central station in Stockholm. The journey takes about 35 minutes. This service costs SEK 240 one-way. www.arlandaexpress.com

The journey by taxi from Arlanda to Stockholm usually costs about SEK 400-500. We recommend the company "Taxi Stockholm" or "Taxikurir".

Stress Research Institute

The Stress Research Institute is a national knowledge center focusing on stress and health. The Institute is part of the Faculty of Social Sciences at Stockholm University. The research is based on an interdisciplinary approach with a combination of different scientific methods. The aim is to study how individuals and groups are affected by their social environment with particular focus on stress reactions and health factors. The long-term objective of our research is to contribute to improved public health.

Current research areas are

- sleep, fatigue and restitution
- disturbed sleep and burnout
- work organisation and leadership
- psychosocial health in adolescents and children*
- trauma and vulnerability and the mental health of refugees, asylum seekers and other new arrivals in Sweden



Map of Hilton Hotel at Slussen and the Old Town

Stress Research Institute
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