

HUMAN FACTORS – CIRCADIAN RHYTHMS QUESTIONNAIRE FREQUENTLY ASKED QUESTIONS

Q 1 – Why is this data being collected?

A – Rule violations and train accidents are frequently the result of human errors or performance lapses. If it is possible to identify the root causes of lapses and errors, it may be possible to reduce rule violation and accidents.

Q 2 – What type of workplace events would trigger data gathering using the Human Factors form?

A – For this project we are only collecting data from locomotive engineers that have been charged with cardinal rule violations: 1) Failure to comply with signals. 2) Failure to comply with speed restrictions. 3) Unsafe use of brakes or failure to perform proper brake procedures. 4) Occupying a main track without authority.

Q 3 – What techniques will be used to collect human factor data?

A – The HF/CR form was designed to obtain data either by individuals self-reporting, or through direct interviews with employees involved in qualifying events.

Q 4 – What do you do if a question is not applicable to the event or the individual being interviewed or self-reporting on the provided form?

A – Write NA across the question.

Q 5 – Whom should you contact if you have questions related to the Human Factor/Circadian Rhythms questionnaire, the event that qualify for this data collection effort, or if you have issues/concerns related to your participation?

A – Call or Email Bill Keppen: Phone: 1.866.573.9094, Email: wkeppen@comcast.net (leave a call back number if Bill is not available to take you call)

Q 6 – When should interviews be conducted?

A – As soon after an event occurs as possible so those being interviewed are more likely to recall information about sleep and other workshift factors. Engineers and their union representatives can call Bill Keppen to schedule an interview or they can self-report on forms previously provided.

Q 7 – What assurance is given that the information collected will remain confidential?

A – We would prefer to have the names of the involved individuals so we could follow-up if there are additional questions. However, if you prefer, the data can be collected anonymously, simply leave the name and phone number spaces blank.

Q 8 – How much work/sleep data should be collected?

A – 10 days of work history is requested. Three days of actual sleep data is very important to this process. If it is possible to provide 7 or 10 days of sleep information, please do so.

Q 9 – How do participants return questionnaires when they elect the self-report option?

A – Forms can be faxed to: 1.866.573.9094 or mailed to:

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