



RURAL/METRO FIRE DEPARTMENT, CENTRAL ARIZONA OPERATIONS		
Standard Operating Guideline		
Effective Date: September 1, 2022	SOG Identification Number:	Revision:
SOG Title: Fatigue Management		
Approved By:	Applies To: All Suppression Personnel	Number of Pages: 2

1. Policy

The Department recognizes the negative health and safety impacts associated with firefighter fatigue caused by the inherent unpredictable nature of emergency response. The purpose of this guideline is to minimize fatigue of first responders while on duty and thereby provide for public and responder safety.

2. Policy/Standard Operating Guideline:

To minimize sleep deprivation among line personnel, the following practices are permitted and apply to all personnel, regardless of assignment:

- Sleeping is permitted after 17:00 hours.
- Battalion Chiefs are responsible for ensuring that Company and Acting Officers minimize responder sleep deprivation by ensuring that sufficient opportunities for sleeping, naps and/or “sleeping in” are available to sleep-deprived responders, especially those responders who lost 3 or more hours of sleep due to incident responses the previous night.
- Battalion Chiefs are authorized to remove units from service, while maintaining sufficient resources in service for emergency incidents to reduce sleep deprivation for units which lost 3 or more hours of sleep due to incident responses the previous night.
- Captains and Battalion Chiefs are authorized and encouraged to rotate personnel from the rescue to the engine to facilitate rest and the safety of personnel.

- Personnel who have worked a “stand-up 24” shall and are scheduled to work an additional shift **shall** be evaluated to determine if they will be removed from duty for a four-hour sleep period.
- Employees assigned to a Fire and/or EMS apparatus cannot be forced to work more than seventy-two (72) hours straight without a minimum of sixteen (16) hours off the clock following the 72nd hour worked per the cba. Personnel may volunteer to work more than 72 hours straight but not to exceed 96 hours straight with a Chief Officer’s approval.
- Every effort should be made to ensure personnel are not assigned to units where driving or patient care may be compromised due to response fatigue when working over 48 hours without sufficient rest. The responsible Chief officer shall be notified for personnel who are working 72 or more hours in a patient care or driving assignment to ensure response fatigue is considered and re-assignment/rest put in place if necessary. Fatigue management and safety is a team responsibility. It is the individuals responsibility to notify the officer if this is the case. It is the officer’s responsibility to notify the Chief officer. It is the Chief officer’s responsibility to ensure the intent of the fatigue management policy is followed.
- Nothing in this directive shall be interpreted or applied in a manner that precludes the use of good judgment to reduce sleep deprivation.

It is understood that any apparatus may end up with a bad night where they responded to multiple calls. Driving and patient care are primary concerns for personnel who are sleep deprived. We are, each, primarily responsible to ensure we are operationally ready to respond, physically and mentally. Secondarily, we are responsible for each other to ensure the same. If you are compromised due to lack of sleep or other situation, or if you believe one of your team members is compromised, you must let your officer know.