



PROGRAM

2009

International Conference on Fatigue Management
in Transportation Operations:

A Framework for Progress

Boston, Massachusetts
March 24 – 26, 2009



U.S. Department of Transportation
Human Factors Coordinating Committee
Operator Fatigue Management Program

EXHIBITORS

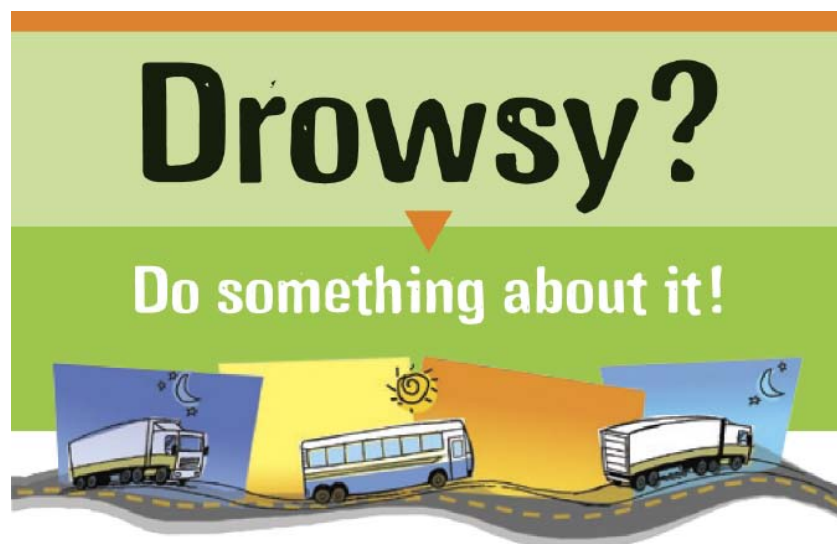


THE EVALUATION CENTER

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Signs of fatigue can hit you all at once.
Don't wait to react. Pull over onto a safe spot,
get some exercise or rest, take a nap...

For your own safety and that of others.

Société de l'assurance
automobile
Québec 



WELCOME!

The U.S. Department of Transportation's Human Factors Coordinating Committee, under the auspices of the Operator Fatigue Management Program, welcomes you to Boston, Massachusetts, for the 2009 International Conference on Fatigue Management in Transportation Operations: A Framework for Progress.

The Boston area is known not only for its scenic beauty, historical and cultural landmarks, and prominent institutions of higher education and medical care, but also as a transportation center. Transportation is an integral part of the city's history; in fact, locally we are referred to as "the Hub." Many of you remember Longfellow's poem of the famous midnight ride of Paul Revere in 1775 at the start of the Revolutionary War. Revere had ordered two lanterns to be placed in the tower of the Old North Church to warn that British forces were moving against the colonists: one lantern signified movement by land, while two meant by sea. Additional historical facts about transportation in the Hub are that, in 1631, Boston was the first location in North America to implement mass transportation, with a ferry operation between the city and Charlestown; in 1897, the first subway in North America was built here; and more recently, in 2006, the Central Artery/Tunnel Project (also known as the Big Dig), the nation's most comprehensive underground highway system built to date, opened.

This year's conference focuses on developing an evaluation framework for stakeholder groups to assess the scientific data and literature, operational constraints, personal needs, and public demand for safety and mobility in transportation operations. We believe that sustainable forward movement in operator fatigue management must take all stakeholder needs into account. The development of a framework, in conjunction with the evaluation community,

which until now has been left out of this conversation, should be both the endpoint of this conference and the defining starting point for all stakeholders to come together and jointly contribute to progress.

The Technical Committee has selected over 100 papers for inclusion in the conference. In addition to addresses by our renowned keynote speakers, there are oral presentations, interactive panel sessions, and poster sessions. The panel sessions will provide an opportunity to listen to subject-area experts and to exchange information on the potential for different sleep requirements across transportation modes and on the roles of government regulation, industry, and personal responsibility in managing fatigue. The poster sessions, in which presenters will discuss their work, will further encourage conversation. Finally, attendees will have ample opportunity to network with each other and with speakers, and to meet with exhibitors.

We are delighted to be hosting more than 200 attendees from around the world and are confident that you will find this conference to be a valuable experience for the content, connections, and resulting evaluation framework that you can use for years to come.

Conference Co-chairs

STEPHEN POPKIN
HFCC Executive Agent
Volpe Center Director for Human Factors
Research and System Applications

MICHAEL COPLEN
HFCC Chair
FRA Senior Evaluator and Director of
Culture and Safety Performance Studies

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Federal Railroad Administration



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Human Factors Coordinating Committee

Federal Motor Carrier Safety Administration

Federal Railroad Administration

Federal Aviation Administration

Federal Transit Administration

Pipeline and Hazardous Materials Safety Administration



United States Coast Guard

U.S. Department of Homeland Security

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Walter Reed Army Institute of Research

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Boeing Commercial Airplanes

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Virginia Tech Transportation Institute

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The Urban Institute

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John A. Volpe National Transportation Systems Center

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Pipeline and Hazardous Materials Safety Administration

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Human Factor Investigations

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U.S. Coast Guard

HANS VAN DONGEN, PH.D.
Washington State University

MARTIN WALKER, PH.D.
Federal Motor Carrier Safety Administration

DOUGLAS WIEGAND, PH.D.
National Institute for Occupational Safety and Health

FEATURED SPEAKERS

Opening Session

MEMBER DEBORAH A.P. HERSMAN
NTSB



Deborah Hersman was sworn in as the 35th member of the National Transportation Safety Board (NTSB) on June 21, 2004. Since her appointment, Member Hersman has been the member on scene at 13 major transportation accidents and has chaired several public hearings. In October 2008, she chaired a two-day public hearing on an accident in Victoria, Texas, involving a motorcoach that did not comply with the Federal Motor Vehicle Safety Standards. In September 2006, she chaired a two-day public forum on motorcycle safety. In July 2006, she chaired a two-day public hearing investigating the February 2006 fire on board UPS Airlines Flight 1307. She also chaired a three-day public hearing, in June 2005, on the Jefferson City, Missouri, aircraft crash.

Member Hersman holds a commercial driver's license with passenger, school bus, and air brake endorsements. She successfully completed a motorcycle basic rider course and holds a motorcycle endorsement. She is a certified Child Passenger Safety Technician. She has also completed the 40-hour HAZWOPER (Hazardous Waste Operations and Emergency Response Standard) training course.

Before joining the NTSB, Member Hersman was a senior professional staff member of the U.S. Senate Committee on Commerce, Science, and Transportation from 1999 to 2004, where she was responsible for the legislative agenda and policy initiatives affecting surface transportation issues, including economic and safety regulation of railroads, trucks, buses, pipelines, and hazardous materials transportation. Prior to that appointment, she served as staff director and senior legislative aide to Congressman Bob Wise of West Virginia from 1992 to 1999.

Luncheon Address

AUDREY REICHARD, M.P.H., O.T.R.
CDC/NIOSH



Audrey Reichard is an epidemiologist in the Division of Safety Research at the National Institute for Occupational Safety and Health (NIOSH), part of the Centers for Disease Control and Prevention (CDC). Her research activities largely focus on using surveillance databases to characterize occupational injuries databases. Much of her current research efforts focus on emergency medical services workers.

In addition to her research, she serves as coordinator of the NIOSH National Occupational Research Agenda efforts in the Transportation, Warehousing, and Utilities (TWU) sector. In this capacity, she has contributed to the development and oversight of an agenda to prioritize research and activity goals, leading to the reduction of injuries and illnesses in the TWU industries. She previously worked in the CDC National Center for Injury Prevention and Control and in the CDC National Center for HIV/AIDS, Viral Hepatitis, STD, and TB Prevention. Prior to her research career, she worked as an occupational therapist in a variety of health care settings.

Luncheon Address

MARVIN DAINOFF, PH.D., C.P.E.
Liberty Mutual Research Institute
for Safety



Marvin Dainoff is director of the Center for Behavioral Sciences at the Liberty Mutual Research Institute for Safety in Hopkinton, Massachusetts, a position he has held since August 2008. He directs research focused on the behavioral, cognitive, and organizational factors underlying workplace injuries and highway collisions. Dr. Dainoff and his team of research scientists examine topics in risk communication, hazard perception, organizational safety climate, alternative work systems for knowledge workers, and driver performance. A professor emeritus at Miami

University (Ohio) and founding director of the Center for Ergonomic Research, Dr. Dainoff served as a professor of psychology for 37 years. His teaching and research interests included human factors/ergonomics, measurement, research methods, and cognitive systems engineering. He was a visiting researcher at NIOSH, where he received a Certificate of Appreciation for his service. Other interests have included experimental investigations of behavioral aspects of work systems associated with knowledge workers and communication/translation of scientific information to practitioners and the general public.

Dr. Dainoff is a past president of the Human Factors and Ergonomics Society and is currently serving as director on the Board of Certification in Professional Ergonomics. He is a Fellow of the Human Factors and Ergonomics Society and serves on the editorial boards of the *International Journal on Human Computer Interaction*, *Journal of Occupational Rehabilitation*, *Theoretical Issues in Ergonomics Science*, *Human Factors and Ergonomics in Manufacturing*, and *Oxford University Press Handbook for Cognitive Engineering*. He has been active in the area of technical standards, serving as vice chair of the ANSI/HFES 100 Committee (U.S. National Standard on Human Factors Engineering of Computer Workstations), secretary of the HFES 300 Committee (Guidelines for Using Anthropometric Data in Product Design), and secretary of the U.S. Technical Advisory Group to ISO Technical Committee 159, Subcommittee 3 – Anthropometry and Biomechanics. He was program chair of the Ergonomics and Health Aspects of the Work with Computers section of the Human Computer Interaction International Conference 2007.

Conference Banquet Address

MASSACHUSETTS STATE SENATOR
RICHARD T. MOORE
Chairman of the Committee on
Health Care Financing



As Senate Chairman of the Massachusetts Legislature's Committee on Health Care Financing, Senator Moore has been in the forefront of

issues affecting the health of the people of Massachusetts since his appointment in 1999. His imprint can be found on nearly every piece of health care legislation enacted in Massachusetts during the past decade. Perhaps his greatest health policy achievement is his crucial role in creating legislation to extend health care to every resident in Massachusetts, now called Health Reform I. He was also the primary sponsor of two major bills and other pieces of legislation on which the landmark Massachusetts Health Reform Law (C. 58 of the Acts of 2006) is based. By 2008, an estimated 97 percent of the Commonwealth's citizens were recipients of the nearly universal health coverage. These reforms have received much attention and praise both here at home and across the nation.

Still another priority for Senator Moore is the expanded use of health information technology. He has been at the forefront of efforts in the state and nation to promote electronic health records, electronic prescribing, and computerized physician order entry systems. He was instrumental in the allocation of funds to the Massachusetts Technology Collaborative, the Health Information Technology Fund, and the Massachusetts eHealth Institute to advance the use of health information technology. On the national level, Senator Moore serves as vice president of the National Conference of State Legislatures (NCSL) and is poised to lead this important association of 7,328 state legislators and legislative staff in the next two years. NCSL provides research, training, technical assistance, and opportunities for policy makers to exchange ideas on the most pressing state issues. NCSL is considered the most effective and respected advocate for the interests of state government before the Congress and federal agencies. In addition, Senator Moore co-chairs Health Information Champions (HITCh), a health information technology project sponsored by NCSL. He also serves as one of only four state legislators on the steering committee of the State Alliance for eHealth, a project of the National Governors Association Centers of Excellence.

PROGRAM AT A GLANCE



MONDAY, MARCH 23	16:00 – 19:00	Registration/Information Table
	19:30 – 21:30	Welcome Reception
TUESDAY, MARCH 24	7:30	Light Continental Breakfast
	7:30 – 15:30	Registration/Information Table
	8:00 – 17:00	Exhibits
	8:30 – 10:00	Opening Session
	10:00 – 10:30	Poster Session I and Alertness Break
	10:30 – 12:00	Oral Presentations
	12:00 – 13:30	Lunch
	13:30 – 15:00	Oral Presentations
	15:00 – 16:00	Poster Session I and Alertness Break
	16:00 – 17:30	Cross-Modal Panel I
	17:30	Dinner (on your own)
	18:00	Optional Tour of Boston
	WEDNESDAY, MARCH 25	7:30
7:30 – 15:30		Registration/Information Table
8:00 – 17:00		Exhibits
8:30 – 10:00		Oral Presentations
10:00 – 10:30		Poster Session II and Alertness Break
10:30 – 12:00		Cross-Modal Panel II
12:00 – 13:30		Lunch
13:30– 15:00		Oral Presentations
15:00 – 16:00		Poster Session II and Alertness Break
16:00 – 17:30		Oral Presentations
18:30 – 21:00		Banquet
THURSDAY, MARCH 26	8:00	Light Continental Breakfast
	8:00 – 12:00	Registration/Information Table
	8:00 – 14:30	Exhibits
	9:00 – 13:15	Closing Plenary Session
	10:45 – 11:15	Alertness Break
	13:15 – 16:00	FAA Modal Session (box lunch) FMCSA Modal Session (box lunch)

DETAILED AGENDA

- TRACK A: *Define and Measure Fatigue Problem*
- TRACK B: *Health-Related/Pharmacological Issues*
- TRACK C: *Enacting/Implementing Change*
- TRACK D: *Supporting Technologies*
- TRACK E: *Fatigue and Performance Modeling*
- TRACK F: *Evaluation of Fatigue Risk Management System Interventions*

MONDAY, MARCH 23

- 16:00 – 19:00 Registration/Information (Grand Ballroom Pre-Function area)
- 19:30 – 21:30 Reception – appetizers provided (Palm Garden, 2nd floor)

TUESDAY, MARCH 24

TRACK

- 7:30 – 15:30 Registration/Information (Grand Ballroom Pre-Function area)
- 7:30 Light Continental Breakfast (Grand Ballroom Pre-Function area)
- 8:00 – 17:00 Exhibits (Salons G – I)
- 8:30 – 10:00 Opening Session (Salons A – F)
Keynote Speaker: MEMBER DEBORAH A.P. HERSMAN, National Transportation Safety Board
- 10:00 – 10:30 Poster Session I and Alertness Break – coffee service (Palm Garden)
Posters available, authors not present
- 10:30 – 12:00 **Fatigue Management and Individual Change (Salons J – L)** C
 - Objective sleepiness predicts performance on a hazard perception simulator task
 - Internet-based driving tips for commercial motor vehicle drivers
 - Overcoming barriers to commercial driver sleep apnea screening
 - Addressing obstructive sleep apnea in commercial drivers
- Panel: Fatigue Risk Management Systems (FRMS) Business Case Model: Operation Healthy Sleep, Harvard Medical School (Salons D – F)** F
 - FRMS evaluation business case model: Operation Healthy Sleep: An evaluation teaching case
 - FRMS business case discussion
 - Closing summary, comments, review, and discussion
- Cross-Modal Fatigue Status and Unresolved Methodological Issues (Salons A – C)** A
 - Methodological issues associated with measuring the operational impact of fatigue in aviation
 - The fatigue status of the U.S. railroad industry: A preliminary analysis
 - Incidence and predictors of fatigue-related aviation accidents
- Planes, Trains, Boats, and Trucks: Supporting Technologies Across Transport Platforms (Faneuil/Harbor/Haymarket)** D
 - Flight crew scheduling based on fatigue risk guidance
 - Locomotive alerter technology assessment
 - Relationship between marine pilot complement and pilot fatigue risk during tanker vessel movements: Optimizing staffing efficiency and safety
 - Truck driver fatigue management survey
- 12:00 – 1:30 Lunch – provided (Palm Garden)
Keynote Speaker: AUDREY REICHARD, M.P.H., CDC/NIOSH
- 13:30 – 15:00 **Pharmaceuticals for Sleep and Wakefulness: Impact on Worker Safety (Faneuil/Harbor/Haymarket)** B
(CONTINUED ON NEXT PAGE)
 - Pharmacological management of fatigue
 - Stimulants, hypnotics, nutritional aids, medications, and other chemical substances: Their effects on driving alertness and performance
 - Medical provider practices on drugs and commercial driver certification
- Panel: Fatigue and Performance Modeling 101 (Salons A – C)** E
 - Biomathematical modeling of fatigue: Basic theoretical, mathematical and scientific concepts
 - Technical integration of biomathematical models of fatigue into systems: What approaches are valid and feasible?
 - Use of biomathematical models of fatigue: Safety, liability, confidentiality, adherence, consequences
- Eye Closure and Lane Change: Multiple Approaches for Real-Time Drowsiness Detection (Salons D – F)** D
 - A model based on machine learning approach to classify lane-change maneuver as an indirect measure of fatigue
 - From research to market: Development of a truck Driver Alert System (DAS)
 - Real-time microsleep detection and warning system significantly improves safety on public roads
 - An innovative approach to the assessment of a multi-dimensional driver drowsiness monitoring system

DETAILED AGENDA, CONTINUED

TUESDAY, MARCH 24		TRACK
13:30 – 15:00 (CONTINUATION)	Review of Fatigue Risk Management System Interventions (Salons J – L) <ul style="list-style-type: none"> • Injury reduction with a sleep disorders screening program • Fatigue risk management integrated within an airline management system • Findings from international railway roster studies – moving beyond fatigue management limitations of current schedule design: A three prong approach • Effects of a fatigue management program on fatigue in the commercial motor vehicle industry 	F
15:00 – 16:00	Poster Session I and Alertness Break – coffee service (Palm Garden) <i>Posters available, authors present</i> <ul style="list-style-type: none"> • Prevalence of fatigue in serious hazardous material truck crashes: A database analysis approach • Modeling fatigue in split sleep schedules with a new biomathematical model for the homeostatic effects of sleep loss • EEG-based model for real-time driver drowsiness recognition and prevention • Novel identification of optimal physiological indices for monitoring cognitive fatigue • The detection of drowsy drivers through driver performance indicators • Restart period and sleep for commercial motor vehicle drivers • Sleep history affects performance during subsequent sleep restriction and recovery • Detection of driver drowsiness using EEG alpha wave bursts: Comparing accuracy of morphological and spectral algorithms • Gene expression changes in response to 36 hours sleeplessness • Predicting driver's hypovigilance on monotonous roads: Literature review • A review of fatigue risk management systems and their potential for managing fatigue within the U.K. road transport industry • Analyses of fatigue-related large truck crashes, the assignment of critical reason, and other variables using the Large Truck Crash Causation Study • Comparing fatigue reports across road transport industry sectors • Development of a multi-dimensional scale for driver fatigue 	
16:00 – 17:30	Cross-Modal Panel I: Sleep Requirements in the Transportation Industry: One Size Fits All (Salons A – F)	
17:30	Dinner – on your own	
18:00	Optional Tour of Boston (Meet in Hotel Lobby)	
WEDNESDAY, MARCH 25		
7:30 – 15:30	Registration/Information (Grand Ballroom Pre-Function area)	
7:30	Light Continental Breakfast (Grand Ballroom Pre-Function area)	
8:00 – 17:00	Exhibits (Salons G – I)	
8:30 – 10:00	Fatigue Management and Culture Change (Salons D – F) <ul style="list-style-type: none"> • Safety culture and self-reported fatigue in commercial aviation operations • Mapping solutions to the evidence of fatigue challenges in aviation maintenance • Legislative initiative to reduce drowsy driving crashes • Motor vehicle crashes before and after implementation of the Massachusetts Junior Operators License legislation 	C
	Predicting Accidents and Risk (Salons A – C) <ul style="list-style-type: none"> • Railroad work schedules, fatigue, and the cost of accidents • Modeling the association of hours-of-service to motor carrier crash risk • A multidimensional research on train drivers' sleep and fatigue: From predictive models to actual data • Transient risk factor models for fatigue and human factors rail accidents 	E
	Supporting Technologies for Testing, Detecting, and Counteracting Drowsiness (Salons J – L) <ul style="list-style-type: none"> • Seeking a new way to detect human impairment in the workplace • Shiftwork adaptation testing system • The work schedule manager credential: Development of a new approach to managing worker fatigue • Fatigue countermeasure rebound: Temporary alertness gain from caffeinated chewing gum repaid as excessive sleepiness after countermeasure cessation 	D

DETAILED AGENDA, CONTINUED

WEDNESDAY, MARCH 25

TRACK

16:00 – 17:30	<p>Individual Differences in Response to Sleep Loss: Implications for Occupational Safety (Salons J – L)</p> <ul style="list-style-type: none"> • Inter-individual differences in the impact of sleep loss on neurobehavioral performance: Regulatory implications for the transportation industry • Individual differences in responses to sleep loss • Genetic predictors of physiological and behavioural responses to sleep loss • The Genetic Information Non-Discrimination Act of 2008: The intersection of science, individual privacy rights and the law <p>Measuring the Fatigue Problem: The Contributions of Individual Health, Lifestyle, and Behavior (Salons A – C)</p> <ul style="list-style-type: none"> • Subjective and objective assessments of sleepiness following short-term, partial sleep restriction • Using naturalistic driving data to explore the relation of body mass index and fatigued driving among professional truck drivers • Screening for and confirmation of excessive daytime sleepiness (EDS) and obstructive sleep apnea (OSA) in railroad workers • Assessing associations between video drowsiness ratings and subjective measures of fatigue with lifestyle and behaviour: A driver study • Obstructive sleep apnea and motor vehicle crashes: A systematic review and meta-analysis <p>Panel: Issues in Fatigue and Performance Model Implementation and Use (Salons D – F)</p> <ul style="list-style-type: none"> • Promise and limitations of fatigue and performance modeling as a tool for fatigue risk management in transportation • Modeling – implementation and accident risk • Fatigue modeling: Opportunities and challenges of the transition into every day use by government regulators and industry risk managers • A critical review of current fatigue and performance models and their use <p>Ocular Measures and Technologies for Detecting Drowsy Drivers (Faneuil/Harbor/Haymarket)</p> <ul style="list-style-type: none"> • Method and apparatus for generating an indication of a level of vigilance of an individual. US patent # 7435227 • Validation of the PERCLOS loss of alertness and other oculometric measures as an index of clinical causes of driver impairment • Use of an ocular method for monitoring the drowsiness of drivers • Sensitivity and specificity of a driver drowsiness detection device: The CRAM 	<p>B</p> <p>A</p> <p>E</p> <p>D</p>
18:30 – 21:00	<p>Banquet Reception – provided (Palm Garden) <i>Keynote Speaker: MASSACHUSETTS STATE SENATOR RICHARD T. MOORE, Chairman of the Committee on Health Care Financing</i></p>	

THURSDAY, MARCH 26

8:00 – 12:00	Registration/Information (Grand Ballroom Pre-Function area)
8:00	Light Continental Breakfast (Grand Ballroom Pre-Function area)
8:00 – 14:30	Exhibits (Salons G – I)
9:00 – 13:15	<p>Closing Plenary Session: Cross-Conference Evaluation (Salons A – F) <i>Keynote Speaker: MICHAEL QUINN PATTON, PH.D., Former President of the American Evaluation Association</i></p>
10:45 – 11:15	Alertness Break (Salons A – F)
13:15 – 16:00	<p>FAA Modal Session – box lunch (Salons A – C)</p> <p>FMCSA Modal Session – box lunch (Salons D – F)</p>

FACILITY INFORMATION

CONFERENCE LOCATION

The 2009 conference is being held at the Boston Marriott Long Wharf Hotel. Keynote sessions, concurrent and poster sessions, exhibits, lunches, and breaks will take place on the Entrance and Lobby Levels of the hotel.

REGISTRATION AND INFORMATION

Monday through Thursday, Grand Ballroom
Pre-Function area (at window), Entrance Level.
Conference staff will be available to answer questions throughout the conference.

Monday	16:00 – 19:00
Tuesday	7:30 – 15:30
Wednesday	7:30 – 15:30
Thursday	8:00 – 12:00

WELCOME RECEPTION

Monday, 19:30 – 21:30, Palm Garden, Lobby Level.

LUNCHES

Tuesday and Wednesday: Lunch with keynote speakers, Palm Garden, Lobby Level.

Thursday: Box lunch, Grand Ballroom Pre-Function area, Entrance Level.

DINNER BANQUET RECEPTION

Wednesday, 18:30 – 21:00, Palm Garden, Lobby Level.

NAME BADGES

Your name badge is required for admission to all sessions, breaks, lunches, exhibits, and other conference activities. Please wear it at all times.

MESSAGES

The message board will be located near the Registration area, Entrance Level.

TECHNICAL SESSIONS

Presentation times for each session are listed in the Program. In the event of changes, these will be posted on the message board, Entrance Level.

INFORMATION FOR ALL PRESENTERS

Please bring a copy of your PowerPoint presentation file on a USB drive to the room where you will be presenting between 7:30 and 8:15 on the morning of your scheduled session. Staff will upload the file to the presentation computer.

Track A: Salons A – C
Track B: Constitution Room
Track C: Salons J – L
Track D: Faneuil/Harbor/Haymarket
Track E: Salons D – F
Track F: Constitution Room

SPEAKER PREPARATION

We request that you arrive at least 15 minutes prior to your session's start time. The Constitution Room, Lobby Level, is open during regular conference hours, with tables and outlets for laptop connections.

EXHIBITS

Salons G – I, Entrance Level. The Exhibitor Fair will spotlight many of the latest innovative products and services relating to fatigue management in transportation. Leading experts will exhibit and share their knowledge of and contribution to industry needs.

Set-up hours	Monday	15:00 – 19:00
Exhibit Fair hours	Tuesday	8:00 – 17:00
	Wednesday	8:00 – 17:00
	Thursday	8:00 – 14:30
Breakdown hours	Thursday	14:30 – 17:00

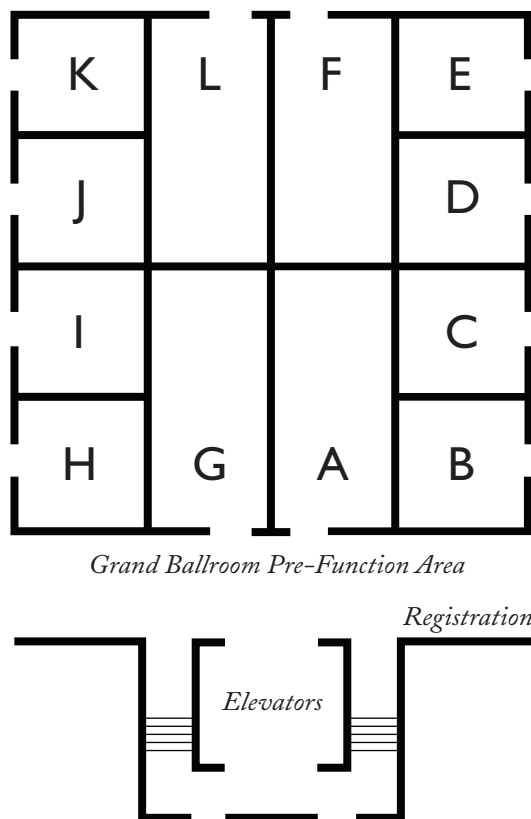
MARRIOTT BUSINESS CENTER

Located on the Lobby Level, the Business Center is accessible 24 hours a day with your room key. There are two computers with Internet access and a printer, one wired connection for a laptop with no printer hookup, and a photocopy machine (the first 20 copies are complimentary; each additional copy is 15¢). Faxes can be sent and received from the Front Desk.

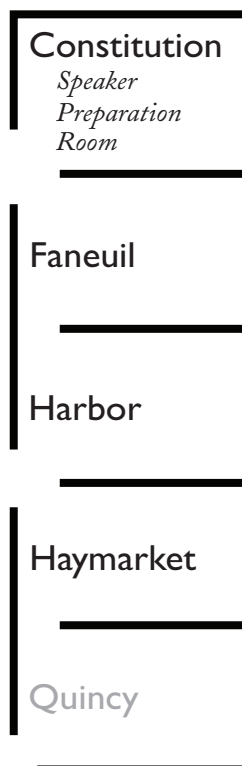
HOTEL MAP

BOSTON MARRIOTT LONG WHARF
296 STATE STREET, BOSTON, MA 02109

GRAND BALLROOM SALONS (Entrance Level)



CONFERENCE ROOMS (Lobby Level)



PALM GARDEN (Lobby Level)



To introduce you to the historic City of Boston, we invite you to take a tour on Tuesday, March 24th, at 18:00. Visit the Old North Church of Paul Revere fame, in addition to other landmarks, past and present, that give Boston a flavor all of its own.

LISTEN *my children and you shall hear*
Of the midnight ride of Paul Revere,
On the eighteenth of April, in Seventy-five;
Hardly a man is now alive
Who remembers that famous day and year.

He said to his friend, "If the British march
By land or sea from the town to-night,
Hang a lantern aloft in the belfry arch
Of the North Church tower as a signal light,—
One if by land, and two if by sea;
And I on the opposite shore will be,
Ready to ride and spread the alarm
Through every Middlesex village and farm,
For the country folk to be up and to arm."



Excerpt from *The Midnight Ride of Paul Revere*.
Written by Henry Wadsworth Longfellow April 19, 1860;
first published in 1863 as part of *Tales of a Wayside Inn*.