

LAW ENFORCEMENT: ENHANCING PUBLIC AND OFFICER SAFETY
Mark R. Rosekind, Ph.D. and Melissa M. Mallis, Ph.D.
Alertness Solutions
Cupertino, California

OBJECTIVES

The course will describe fatigue related risks in 24/7 law enforcement activities, the physiological and scientific basis for these risks, and provide practical and effective strategies that participants can use to address this issue in their own departments. It will be demonstrated how this foundational information will be applied to examining fatigue factors in accident investigations, in both public safety and departmental accidents. Effectively addressing fatigue-related risks in a practical manner will be demonstrated through five specific fatigue activities, and associated exercises, that can be implemented in police departments. These fatigue management activities include education, personal and organizational alertness strategies, scheduling approaches, healthy sleep and development of a comprehensive Alertness Management Program (AMP).

The course material will be delivered in a one-day classroom format consisting of a 3-hr morning session and a 4-hr afternoon session. All material will be delivered as live presentations and will be complemented with informational slides, graphics and video clips. The course structure encourages interaction among the attendees as well as with the instructors. This includes providing participants a variety of both individual and group exercises in which they can apply the information and approaches described in the educational sessions to the specifics of their department. These exercises and interactions will allow participants to create tailored fatigue management activities and approaches for an integrative approach that they can take and use within their organization upon completion of the course.

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COURSE OUTLINE

- A. Fatigue safety and health risks
 - 1. Challenges of a 24/7 global society
 - 2. Effects of work on sleep and circadian physiology
 - 3. Consequences of sleep loss and circadian disruption
 - 4. Safety, alertness and performance risks
 - 5. Data from 24/7 law enforcement and other work settings

- B. Physiological factors that underlie fatigue
 - 1. Sleep need and cumulative sleep debt
 - 2. Effects of age, alcohol and sleep disorders
 - 3. Subjective vs. objective discrepancies
 - 4. Circadian rhythms, sleepiness and performance
 - 5. Outcomes

- C. Fatigue factors in accident investigation
 - 1. Identify four core fatigue factors
 - 2. Examine whether fatigue factors present at time of accident
 - 3. Establish role of fatigue related factors in performance changes
 - 4. Determine if fatigue factors were contributory or causal in the accident

- D. Fatigue management activities
 - 1. Education
 - 2. Personal and Organizational Strategies
 - 3. Scheduling
 - 4. Healthy sleep
 - 5. Alertness Management Program (AMP)

INSTRUCTORS

Mark R. Rosekind, Ph.D.

Dr. Rosekind is President, and Chief Scientist of Alertness Solutions. He is internationally recognized for translating scientific knowledge on sleep, circadian factors, human fatigue, performance, and alertness into practical strategies that improve safety and productivity in our 24-hr society. For more than 20 years, Dr. Rosekind's research, publications, presentations, and practical applications have led to significant changes in real-world settings. These accomplishments have been recognized with honors that include the NASA Exceptional Service Medal, a Flight Safety Foundation Presidential Citation for "Outstanding Achievement in Safety Leadership," and NASA Group Achievement Awards. In 1999 and 2000, Dr. Rosekind was a Fellow at the World Economic Forum in Davos, Switzerland.

Prior to founding Alertness Solutions, Dr. Rosekind led the NASA Ames Fatigue Countermeasures Program from 1990 to 1997 and before joining NASA was the Director of the Center for Human Sleep Research at the Stanford Sleep Disorders Center, Stanford University. His academic credentials include an undergraduate degree with honors from Stanford University, his Ph.D. from Yale University and post-doctoral fellowship in sleep and chronobiology at Brown University.

Dr. Rosekind comes from a law enforcement family and a representative list of presentations for police organizations is included to highlight ongoing involvements in supporting law enforcement organizations and personnel.

Melissa M. Mallis, Ph.D.

Dr. Mallis is the Director of Scientific Affairs for Alertness Solutions. Dr. Mallis is a Research Psychologist and recently served as the Principal Investigator of the NASA Ames Fatigue Countermeasures Group for almost six years before joining Alertness Solutions in 2005. In her NASA work, Dr. Mallis made significant contributions to safety, research, and education in aviation, space and other diverse operational settings. Prior to her NASA position, Dr. Mallis collaborated on laboratory and operational research at the University of Pennsylvania with Dr. David Dinges. Dr. Mallis obtained her B.S. degree with Honors from Villanova University and her Ph.D. from Drexel University.

Representative Law Enforcement Presentations
Mark R. Rosekind, Ph.D.

Managing performance and alertness in law enforcement operations. Presented to Federal Bureau of Investigation Special Operations Group, including Hostage Rescue Team (HRT) and Critical Incident Response Team (CIRT), FBI Academy, Quantico, VA, June 27, 1997.

Managing Fatigue and Alertness. International Association of Chiefs of Police, Toronto, Canada, October 30, 2001.

Alertness Management in Law Enforcement. San Mateo County Police Chief's and Sheriff's Association Spring 2002 Training Conference, Pacific Grove, CA, April 3, 2002.

Managing Fatigue and Alertness. Colorado Chief's of Police, Breckenridge, Colorado, June 4, 2002.

Managing Alertness in 24/7 Settings. Atherton Police Department Annual Safety Meeting, Atherton, CA, October 30, 2002.

Managing Alertness in 24/7 Settings. South San Francisco Police Department Dispatchers, San Francisco, CA, February 26, 2003.

Alertness in the Workplace and Strategies to Combat Fatigue. San Carlos Police Department, San Carlos, CA, June 10, 2003.

Alertness Management in Law Enforcement. San Bruno Police Department, San Bruno, CA, September 17, 2003.

Managing Fatigue in Law Enforcement. California Police Chiefs Association's 28th Annual Conference, Sacramento, CA February 9, 2005.