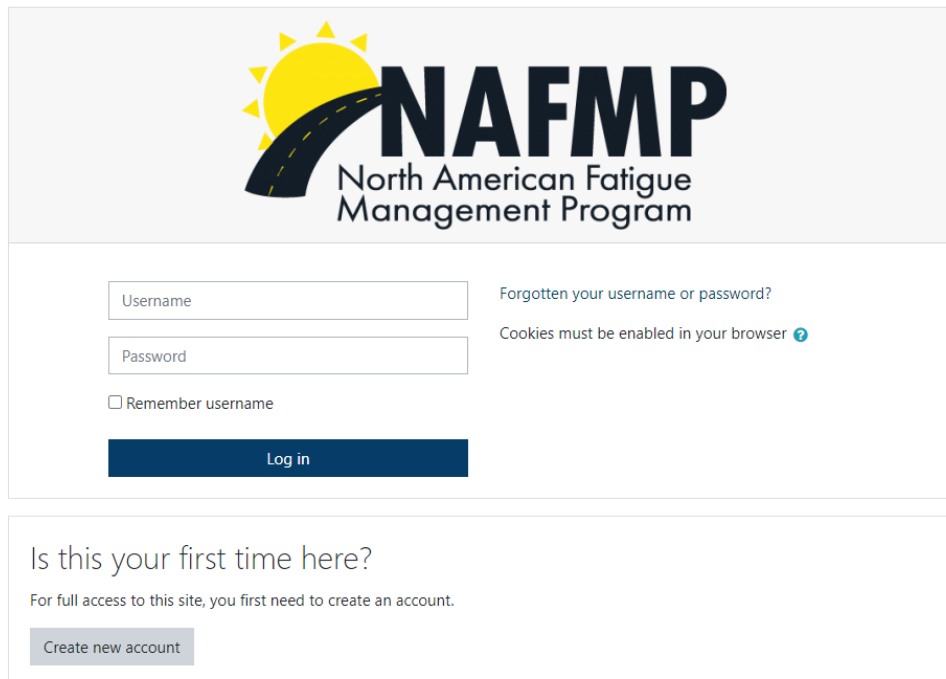



How to use the NAFMP Learning Module System (LMS)

Welcome! Take the following steps to access the NAFMP learning modules. We encourage all users to explore our LMS and get familiar with the content and navigation.

Logging In

You can access the LMS system by clicking on the “Access the Complete Training Program Online” button on the website or by visiting <https://lms.nafmp.org/login/?lang=en>. This will take you to the LMS login page as shown below:




NAFMP
North American Fatigue
Management Program

Username

Password

Remember username

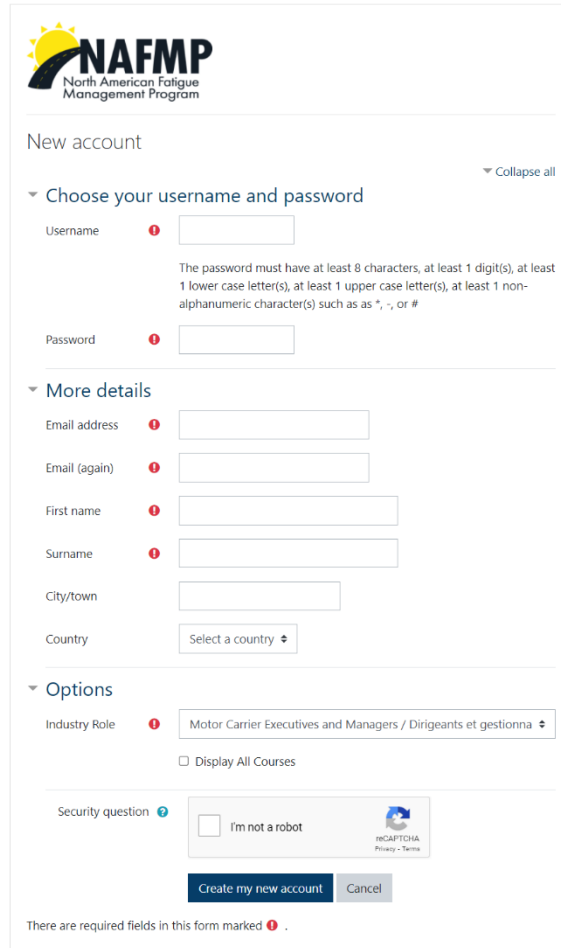
[Forgotten your username or password?](#)

[Cookies must be enabled in your browser](#)

Is this your first time here?

For full access to this site, you first need to create an account.

If you're an existing user, login. If you are a new user, please create a new account. You'll see the following screen:



The screenshot shows the 'New account' registration page for the North American Fatigue Management Program (NAFMP). The page is titled 'New account' and includes a 'Collapse all' link. The form is divided into several sections:


- Choose your username and password:** Includes fields for 'Username' and 'Password'. A password requirement note states: 'The password must have at least 8 characters, at least 1 digit(s), at least 1 lower case letter(s), at least 1 upper case letter(s), at least 1 non-alphanumeric character(s) such as *, -, or #'. Both fields have red error icons.
- More details:** Includes fields for 'Email address', 'Email (again)', 'First name', 'Surname', 'City/town', and 'Country'. The 'Country' field is a dropdown menu labeled 'Select a country'. All these fields have red error icons.
- Options:** Includes an 'Industry Role' dropdown menu with the selected value 'Motor Carrier Executives and Managers / Dirigeants et gestionna'. Below it is a checkbox for 'Display All Courses'.
- Security question:** Includes a checkbox for 'I'm not a robot' and a reCAPTCHA widget.

At the bottom of the form, there are two buttons: 'Create my new account' and 'Cancel'. A note at the bottom states: 'There are required fields in this form marked [red error icon]'.

Indicating your industry role will allow the system to link you to learning modules specific to your role. These are the modules you should use in your training. To see the complete list of modules, click "See all Courses."


Courses

Once logged in, you will be taken to the dashboard screen as shown below. The courses you have access to will be listed in “Course Overview”. Click on a module to open it. Note that this screen will look different depending on what your industry role is.




Welcome [User Name]!

Recently accessed courses





Module 1
Module 1





Module 7
Module 7

Recently accessed items

 Introduction and Overview
Module 1

 Fatigue Monitoring and Mgmt Tech
Module 1

 Driver Sleep Disorders Management
Module 1

 Driver Scheduling and Tools
Module 1

Course overview

▼ All (except removed from view) 🔍 Course name ☰ Summary

 <p>Module 1 Module 1</p> <p>FMP Introduction and Overview</p> <p>Target Audience: Carrier executives and other managers Estimated Duration: 45 min</p> <p>0% complete</p>	...
 <p>Module 10 Module 10</p> <p>Fatigue Monitoring and Management Technologies</p> <p>Target Audience: Carrier Executives and Managers Estimated Duration: 1 hour</p> <p>0% complete</p>	...
 <p>Module 2 Module 2</p> <p>Safety Culture and Management Practices</p> <p>Target Audience: Carrier executives and other managers Estimated Duration: 1.5 hours</p> <p>0% complete</p>	...
 <p>Module 7 Module 7</p> <p>Motor Carrier Sleep Disorders Management</p> <p>Target Audience: Carrier Executives and Managers Estimated Duration: 1.5 hours</p> <p>0% complete</p>	...

Now you'll see the topic overview screen with the list of topics and sections within the Module. To start your training, click on the first section of the first topic, titled Introduction or Overview:

Topic 1 Your progress

Introduction and Overview

- Introduction and Overview
To do: View
- Overview
To do: View
- List of Abbreviations and Acronyms
To do: View
- Module Objectives
To do: View

A standard lesson page within a module is shown below:

Module 1 — Overview

Done: View

This indicator allows you to track your progress throughout the module.

This button takes you to the previous page



← Previous

Narration:

▶ 🔊 0:32 1x

These are the controls to utilize the voice narration of the lesson page. The control at the top allows you to play or pause the narration, it displays a progress bar, and it also allows you to adjust the sound volume.

- Introduction to Fatigue
- Overview of Fatigue Management Program
- Module Summaries



This button takes you to the next page

Next >

Jump to...

This is the jump menu. This allows you to jump between pages throughout the module.

Quizzes and Exams

Lesson quizzes are placed throughout the modules. When it is time to take a lesson quiz, you will see a link to attempt to take the lesson quiz:

Module 2 — Lesson Quiz: Lesson 1

To do: Receive a grade

Grading method: Highest grade

Attempt quiz now

◀ Previous Jump to... Next ▶

The quiz will then appear as shown below:

Question 1
Not yet answered
Marked out of 1

Complete the following sentence. An organization's safety culture can best be described as:

Select one:

- a. Management's feelings regarding the importance of safety
- b. Shared behavior patterns and beliefs that are related to safety
- c. The number of injuries that occur in the organization
- d. A vision to keep employees safe

Question 2
Not yet answered
Marked out of 1

Which of the following is a factor that influences an organization's safety culture?

Select one:

- a. Person
- b. Behavior
- c. Environment

Quiz navigation

1 2 3 4 5

Finish attempt ...

Select your answers and scroll down to complete the quiz. At the bottom of the quiz, click on “Next” to submit the quiz. The next screen will display a summary of the questions your answered, as shown below:

Module 2 — Lesson Quiz: Lesson 1

Summary of attempt

Question	Status
1	Answer saved
2	Answer saved
3	Answer saved
4	Answer saved
5	Answer saved

Return to attempt

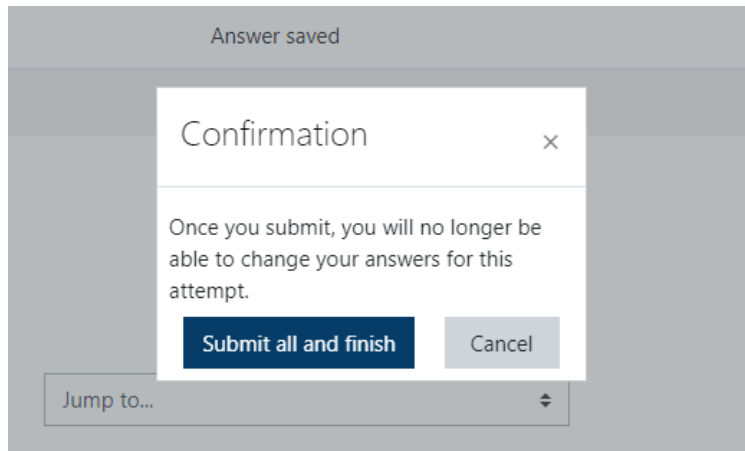
Submit all and finish

◀ Previous Jump to... Next ▶

Quiz navigation

1 2 3 4 5

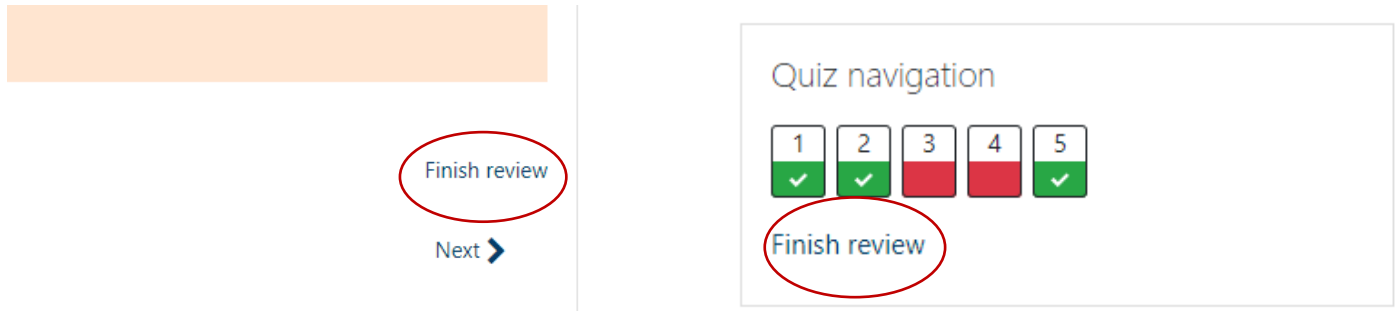
Click on “Submit all and Finish” button to submit your answers. A confirmation window will appear to confirm submission and remind that you will not be able to change your answers after the quiz has been submitted, as shown below:



Once the quiz has been submitted, you will be presented with a review page that shows which answers are correct and which are wrong, as shown below:

A screenshot of a quiz review page. On the left, there is a table with quiz statistics: "Started on", "State" (Finished), "Completed on", "Time taken", "Grade", and "Feedback". Below this are two question cards. "Question 1" is marked "Correct" and "Mark 1 out of 1". It shows a list of four options, with the first option selected and a green checkmark to its right. "Question 2" is also marked "Correct" and "Mark 1 out of 1". It shows a list of four options, with the first option selected and a green checkmark to its right. On the right side of the page, there is a "Quiz navigation" section with five numbered boxes (1-5). Boxes 1, 2, and 5 contain a green checkmark, while boxes 3 and 4 are empty. Below the navigation is a "Finish review" button.

When you are done reviewing the quiz results, click “Finish Review” at the bottom of the screen or on the right-hand sidebar, as shown below:



You will now be presented with a quiz summary as shown below:

Module 2 — Lesson Quiz: Lesson 1

Done: Receive a grade

Grading method: Highest grade

Summary of your previous attempts

Attempt	State	Grade /	Review	Feedback
1	Finished Submitted		Review	

Highest grade:
Overall feedback:
Re-attempt quiz

< Previous Jump to... Next >

You can now retake the quiz if you would like to improve your score. If you are done with the quiz, you can click the next button to continue to the next page in the module. If there is no next button, you have reached the end of the module and can go to a different module by clicking Dashboard in the sidebar of the Learning Module System as shown here:

