

# Fatigue Risk Management Services



## Education and Training

<b>Non-shift Worker Training</b>	Guidance on how to maximize health, safety and performance while minimizing the effects of fatigue as they relate to work, home, and lifestyle choices.
<b>Shift Worker Training</b>	Sensitizes workers on the short and long term effects of shift work and fatigue and the subsequent impact on their lives both at work and at home.  Promotes self-responsibility for health and wellbeing through the provision of practical tools and strategies.
<b>Supervisor Workshops</b>	Education for supervisors on their roles and responsibilities in supervising shift work employees, including the use of specific tools for detecting, monitoring and intervening with fatigue.  Training is based on policies and procedures that have been predetermined following a fatigue risk assessment review of current in-house activities.
<b>Management Introduction to FRMS</b>	To sensitize management on the effects of shift design with regard to performance, risk for error, cost, health and safety, and how to maximize safety and performance through effective operational and preventative fatigue countermeasures.  Review of practical fatigue management tools and technologies for implementation at the organizational level.

## Fatigue Risk Management System (FRMS)

<b>Needs Assessment/ Gap Analysis (NAGA)</b>	Review of internal operational, safety and human resource management systems against fatigue management best practices and established standards.  Recommendation of alertness management, fatigue elimination, and risk control strategies for implementation at both the organizational and worker level.
<b>Shift Analysis</b>	Assessment of historical and future impacts of various shift schedules based on circadian factors and biomathematical modelling.  Determine fatigue onset and provide recommendations regarding rotation and length of shift schedules including extra work assignments (overtime, on call) and break activities.
<b>Fatigue Risk Assessments</b>	Review lagging and leading indicators for worker fatigue and fatigue-related incidents and identify current fatigue contributing hazards and assess associated levels of risk based on exposure levels and compared to scientifically validated research.
<b>Program and Guidance Document Development</b>	Assists an organization on the design and implementation of an in-house fatigue risk management system that accommodates all necessary legislation and regulations.  Establishes standards based on scientific validation and proven best practices to develop the necessary organizational procedures and strategic plans that will enhance alertness levels, decrease accumulation of worker fatigue, and reduce risk for errors, incidents and liabilities.

## Detection and Monitoring Technologies

<b>LUCI™</b>	LUCI uses near-infrared sensors mounted on a dash or workstation to detect and measure the operator's eye movements. The readings are immediately analysed to determine levels of fatigue & distraction. LUCI provides real-time feedback to operators and supervisors and provides aggregate data to help with continuous improvement practices.
<b>Actigraphy</b>	Actigraphy is a sophisticated method of monitoring personal rest/activity cycles. Worn on the wrist, it measures gross motor activity and sleep periods.