

# UNDERSTANDING HOW FATIGUE IMPACTS YOUR COMPANY

## DOES YOUR COMPANY HAVE THESE FATIGUE RISK FACTORS?

Fatigue hazards can be very high severity.

Fatigue risks can be mitigated.

### Fatigue Risk Factors

- Safety sensitive work
- Driving operations or long commutes
- Long work shifts/rotations
- Irregular work hours like; dynamic shifts, on call/call outs, and seasonally high workloads
- Physically or mentally demanding work requirements
- Other relevant factors like: high stress, chaotic environments, extreme temperatures, work in remote regions, etc.
- Shift work

**WHAT CAN YOUR COMPANY DO TO IMPROVE FATIGUE MANAGEMENT?**

If yes, you have fatigue risk in your workplace.

IN-SCOPE SOLUTIONS CAN HELP YOUR COMPANY MITIGATE THE RISKS.

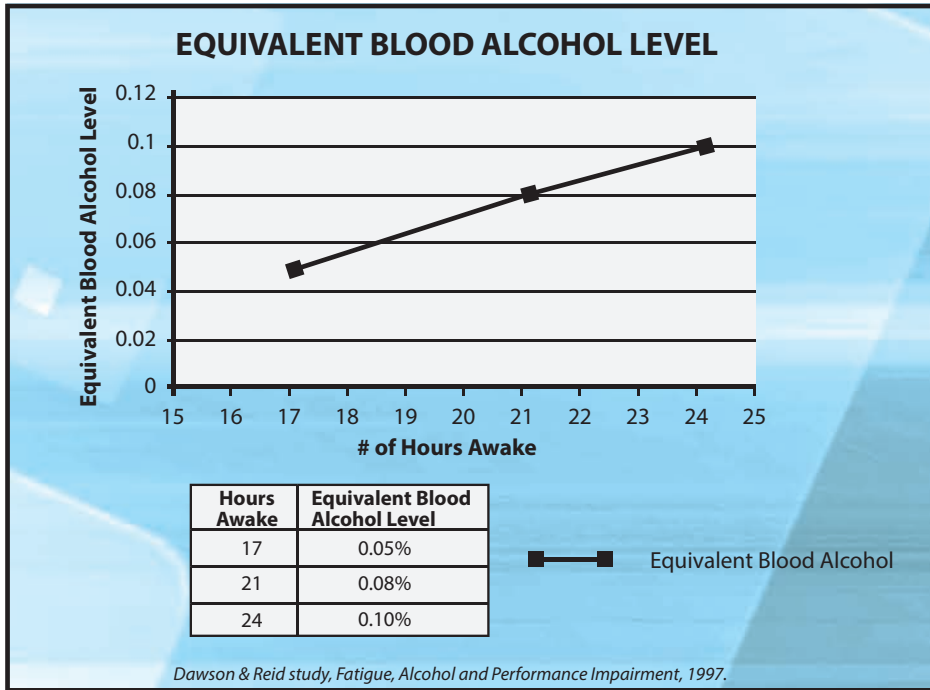
## Are you effectively managing those risks?

### Existing Fatigue Controls

1. Does your organization have risk specific fatigue related policies or procedures?  
**YES** **NO**
2. Has your company made efforts to optimize scheduling to reduce worker fatigue?  
**YES** **NO**
3. Are senior leaders aware of the business impact fatigue has on your organization (what it's costing)?  
**YES** **NO**
4. Does your organization currently have adequate fatigue related training for workers, supervisors, managers, and other stakeholders (dispatchers, schedulers, etc.)?  
**YES** **NO**
5. Is your organization aware of its specific fatigue related risk factors? Have you conducted a formal fatigue risk assessment?  
**YES** **NO**

To learn more visit our Resources page at [www.in-scope.ca](http://www.in-scope.ca).

## FATIGUE IMPAIRMENT = ALCOHOL IMPAIRMENT

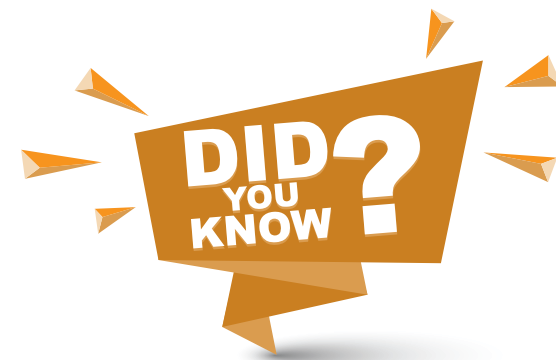


**Fatigue is among the top 5 causal factors of worker incidents**

**Fatigue is 4X more likely to contribute to workplace impairment than drugs or alcohol**

**Working more than 50 hours a week doubles your risk of making an error at work**

**A sleep deprived employee is almost 3X more likely to cause a workplace accident**



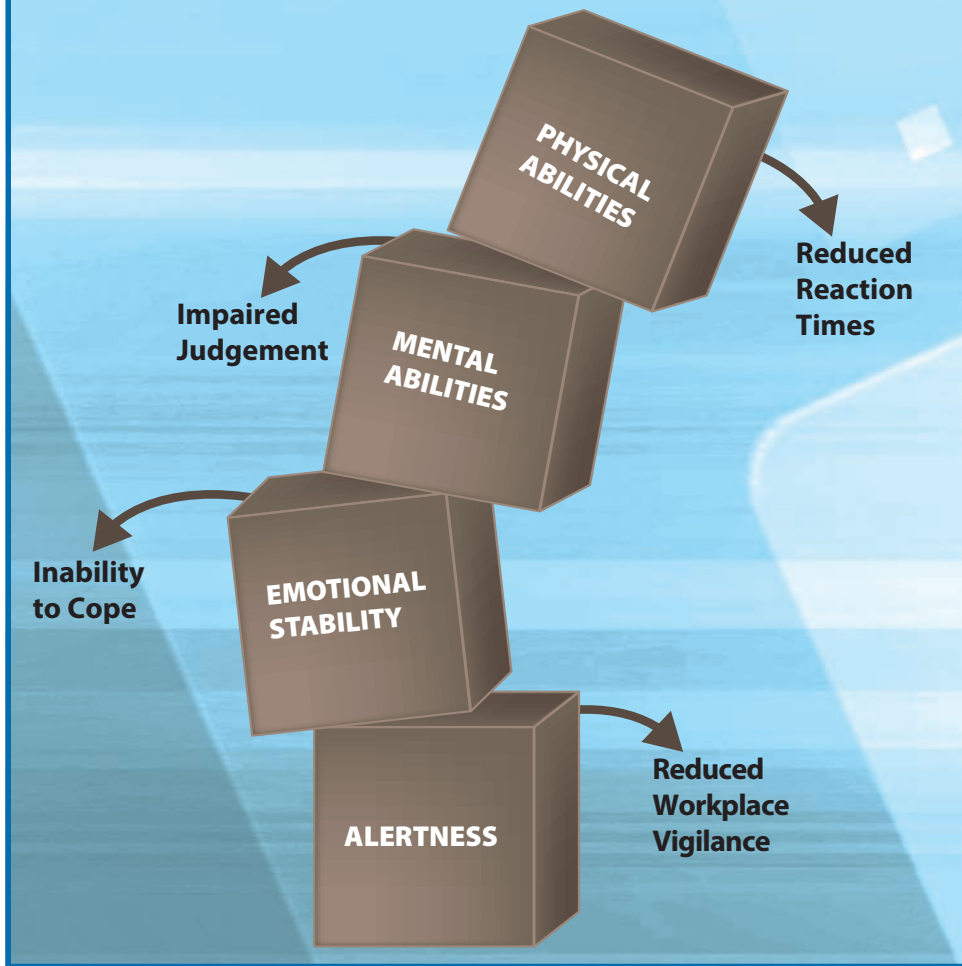
**At 21 hours awake you are as impaired as someone legally drunk.**

## FATIGUE REALITY



**20% of fatal collisions are caused by fatigue**

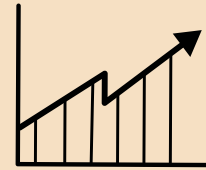
## FATIGUE IMPACTS ON WORKER SAFETY



**Sleep deprived workers are seriously impaired in their ability to conduct work.**

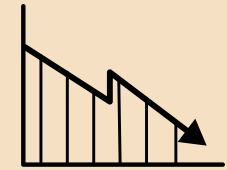
Are your workers being impaired by fatigue? Companies work hard to ensure workers are not impaired by drugs and alcohol. Fatigue management training and education helps to ensure workers are not impaired by fatigue.

## HOW FATIGUE IMPACTS YOUR BUSINESS



### INCREASED

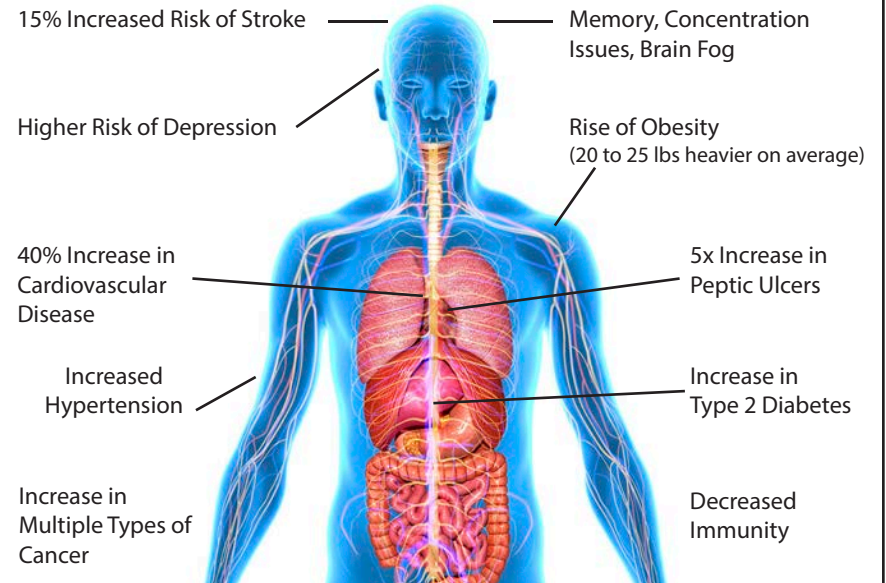
- # and Severity of Incidents
- Decision Making Errors
- Health Issues/Insurance
- Absenteeism
- Operational Cost



### DECREASED

- Productivity
- Employee Morale
- Employee Retention
- Business Reputation
- Profitability

## There is a Correlation Between Fatigue and Serious Health Concerns







## EMPOWERING WORKPLACE SOLUTIONS

Online Fatigue Management Course

Half-day & full-day Training & Workshops

Safety Talks & Presentations

### FATIGUE SAFETY PRESENTATION

#### ONLINE TRAINING COURSE Fatigue Management Training

Fatigue in your workplace can create a significant occupational safety hazard. Creating awareness of the issue can help start the conversations needed to address it.

- Bring awareness to your workplace on the issue of fatigue and provide some basic strategies on how to manage it.
  - This 90 minute online course discusses physical and mental impairment, the science behind fatigue, barriers to overcome, legislation and individual and crew mitigation strategies.
- . This course contains narrated information, interactive activities, quizzes and provides a certificate of completion to demonstrate due diligence

**DID YOU KNOW?**

### WORKPLACE FATIGUE TRAINING

#### WORKER TRAINING

#### Waking Up To Fatigue In Your Workplace (half-day or full-day)

Both work and personal requirements can cause fatigue. Fatigue can create potential workplace health and safety issues. Worker training can be a critical part of a Fatigue Management Strategy. Workers learn:

- symptoms of fatigue
- how to assess fatigue risks
- fatigue responsibilities and barriers
- strategies to manage fatigue
- proactive fatigue management strategies

**DID YOU KNOW?**

- A fatigued worker is almost **3X more likely** to cause a workplace accident and significantly more likely to engage in safety compromising behavior.

#### PRESENTATIONS/SAFETY TALKS

#### Waking Up To Fatigue Factors In Your Workplace

- Do supervisors in your company have the information they need to manage this risk?
  - Do workers know how to identify fatigue impairment to know if they are fit for duty?
  - Give your employees the practical knowledge they need to understand workplace fatigue and know how to mitigate when it is becoming a safety risk.
- Working more than 50 hours per week almost **doubles the risk** workplace errors.
- Fatigue is one of the **top five causal factors** in workplace incidents.

**DID YOU KNOW?**



## ORGANIZATIONAL FATIGUE RISK MANAGEMENT

Is your company impacted by fatigue? Have you recognized fatigue as a health and safety risk? In-Scope Solutions can help your company better manage fatigue.



**Susan Sawatzky, B. Ed, CRSP, Director of In-Scope Solutions, is a certified safety consultant specializing in Fatigue Risk Management.**

Susan consults with a variety of clients in multiple industries across the United States and Canada.

Susan is an instructor with the University of Alberta, the University of New Brunswick and the University of Calgary; instructing Fatigue Management, Psychological Health & Safety, Business & Leadership and Safety Management Systems in their various OHS Programs.

Susan is an international speaker and keynote conference presenter. She has presented for a variety of conferences and organizations with notable clients including the American Society of Safety Professionals, the Canadian Society of Safety Engineering, the Human Resources Institute of Alberta, the Global Conference on Fatigue Management and National Aeronautics and Space Administration (NASA).

Susan's numerous volunteer commitments include being the past President of the Alberta Society of Health and Safety Professionals, a newly formed society looking to gain regulatory oversight for the health and safety profession.

**In-Scope Solutions** is a health and safety consulting company specializing in fatigue and stress management. In-Scope Solutions offers a variety of services including fatigue management consulting, presentations, workshops & training, as well as stress management presentations, to a wide variety of audiences including workers, supervisors, management, and senior leadership.



# FATIGUE