



webinar

Waking Up to Fatigue Factors in the Workplace

Presented by: **Susan Sawatzky**



At the end of this session, participants will be able to...

- ① **Participants will be aware of current best practices and be able to apply practical strategic approaches to managing fatigue in their organization.**
- ② **Participants will recognize how fatigue impacts workplace safety and worker health.**
- ③ **Participants will be able to discuss current research, sleep based physiology, fatigue issues and barriers to implementation in relation to fatigue risk management.**

About the presenter

Susan Sawatzky

B. Ed, CRSP, DIRECTOR OF IN-SCOPE SOLUTION



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.

CONTACT INFO

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DOES YOUR COMPANY HAVE THESE FATIGUE RISK FACTORS?

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
- Other relevant factors like: high stress, chaotic environments, extreme temperatures, work in remote regions, etc.
- Shift work

Fatigue hazards can be very high severity.

Fatigue risks can be mitigated.

What can your company do to **improve fatigue management?**

If yes, you have fatigue risks in your workplace.

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

NOTES:

ARE YOU EFFECTIVELY MANAGING FATIGUE RISKS?

Benchmarking Your Company's Fatigue Management Competency

① Is your company aware of the key risk factors associated with fatigue?

YES

NO

② Are your key stakeholders aware of how fatigue impacts their business?

YES

NO

③ Does your company fully identify/rule out fatigue as a causal factor in incidents?

YES

NO

④ Does your company currently have adequate fatigue related training?

YES

NO

⑤ Are all levels of your company aware of and involved in fatigue management?

YES

NO

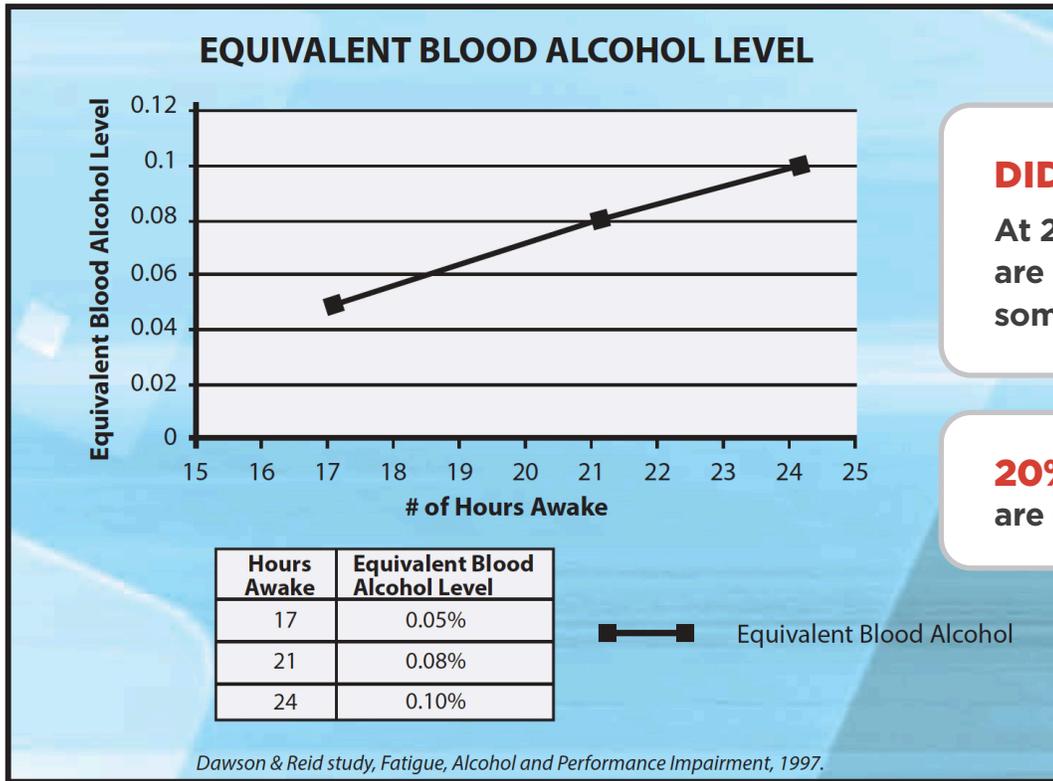
Note these questions were devised based on industry experience, but are reflective of key areas to address shown in the NTSB - National Transportation Safety Board US, the Transportation Safety Board of Canada, and the NAFMP - North American Fatigue Management Program.

NOTES:

TO LEARN MORE

visit our
Resources page at
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FATIGUE IMPAIRMENT = ALCOHOL IMPAIRMENT



DID YOU KNOW?

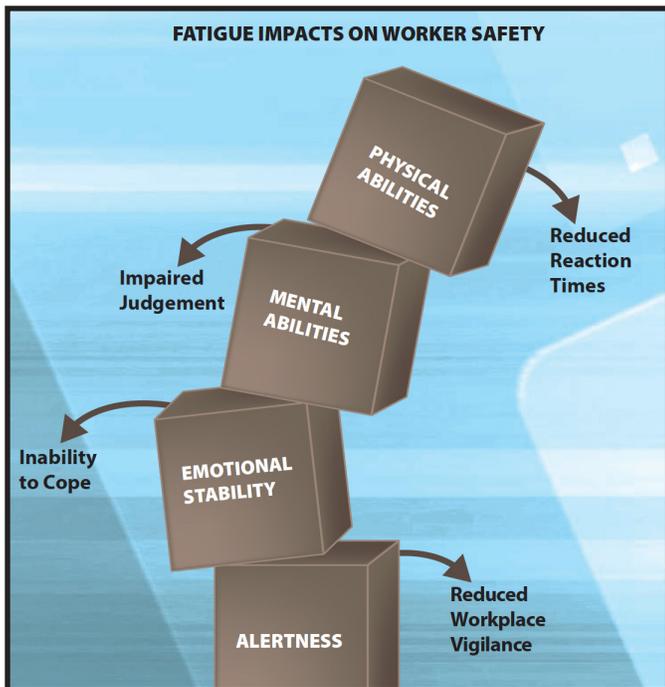
At 21 hours awake you are as impaired as someone legally drunk.

20% of fatal collisions are caused by fatigue

- **Fatigue is among the top 5 causal factors of worker errors**
- **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 contribute to a workplace accident**

NOTES:

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

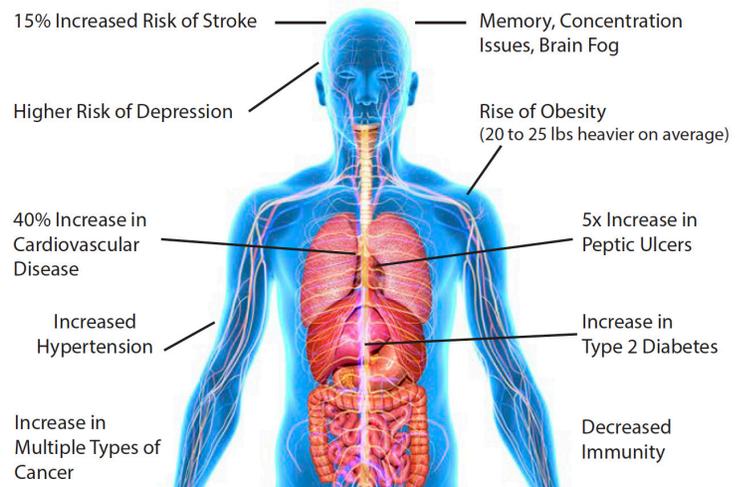
INCREASED

- # 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 some Serious Health Concerns



NOTES:

FATIGUE SAFETY TRAINING - ONLINE

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.

DID YOU KNOW?

This course contains narrated information, interactive activities, quizzes and provides a certificate of completion to demonstrate due diligence.

WORKPLACE FATIGUE TRAINING

WORKER TRAINING (half-day or full-day)

Waking Up To Fatigue In Your Workplace

- 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 contribute to 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.

DID YOU KNOW?

- Working more than 50 hours per week almost **doubles the risk** workplace errors.
- **20% of all workplace accidents** are thought to have Fatigue as a contributing casual factors

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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.

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 presentations, workshops & training, as well as stress management presentations, to a wide variety of audiences including workers, supervisors, management, and senior leadership.



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- Suzanne Jackson
Wednesday, March 25, 2020,
1-2pm Eastern Time

Making Sense of the Data

- Ryan Davis
Wednesday, April 15, 2020,
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Effective Technical Writing for Toolbox Talks and Hazard Alerts

- Roberta Sheng-Taylor • Thursday, May 21, 2020, 1-2pm Eastern Time

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