KEY ISSUES

• Long shifts
• Limited sleep opportunity between shifts
• Night work
• Short-notice work (on-call)
• Consecutive shifts
• Consecutive incidents
• Physical, cognitive, emotional workload
• Impacts in home communities

• Fire and rescue
• SES
• Paramedics, health and medical
• Utilities
• Not for profits
• Local government
• Call centres
• Spontaneous volunteers
KEY RISKS

• Impairments in performance
  – Cognitive
  – Decision-making
  – Physical output
  – Teamwork
• Suboptimal decisions to continue work or to start
• Emotional dysregulation
• Health impacts in long-term
KEY RESOURCES

• Strategic
  – Fatigue management guidelines
  – Risk management
  – Hours of service rules

• Tactical
  – Fatigue risk assessment
  – Fatigue-proofing
  – Right people in the right place