

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

RESEARCH WITH IMPACT

