

Fatigue Risk Management Workshop

How to effectively manage fatigue risk in your operations



Shattering Myths: Have you been misled?

- × Fatigue is a worker issue
- × Sleepiness, drowsiness, and fatigue are all the same thing
- × Sleep is controllable by workers
- × Showing up fatigued is a disciplinary issue
- × If we let the workers pick the schedule, they have nothing to complain about
- × Working long hours shows commitment and should be rewarded
- × Our legal responsibilities end when the employee walks out the door at the end of their shift

Fatigue is an impairment, leading to increases in human error and performance decrements. It not only affects the health and safety of the workforce, but contributes to elevated insurance costs, absenteeism rates, supervisor overload and out of control overtime.

This 8 hour workshop is designed to address fatigue from a risk perspective, knowing that fatigue will never be eradicated from the worksite. How you deal with its presence is the key to good business.

In this workshop, you'll learn how to;

- 1) Develop a business case for managing fatigue related risks, specific to your organization
- 2) Clearly define your program including;
 - what it will look like;
 - how it will be run; and,
 - how it will remain viable.
- 3) Select the right tactical approaches to identify, assess and mitigate your fatigue related risk, based on the latest science and utilizing evidenced based tools and strategies.

Who Should Attend?

The workshop is designed to develop Champions who will be able to lead their organization in the implementation of fatigue-related risk mitigation initiatives.

Applicable to anyone representing Occupational Health and Safety, Human Resources, Risk Managers, Operations, Training, and S&H Committees.

A fatigue risk management masterclass led by,



Mike Harnett

Human Factors Professional
& President of
Solaris Fatigue Management

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Mike brings over 30 years of experience consulting to various government agencies including the Federal Rail Association, Transport Canada, Canadian Standards Association and NASA.

She currently guides associations, labor groups and private industry in the development of fatigue risk management plans. Her clients represent manufacturing, transportation, energy, entertainment, municipal and first responder sectors.

Mike is recognized for her ability to take complex science and help organizations apply it in the real world and in the context of their own operations.