

Fatigue Management and Fitness for Work



FATIGUE PROFILES IN RELATION TO SLEEP QUALITY & QUANTITY

Dr. Andre van Jaarsveld

Fatigue Management and Fitness for Work

Fatigue is a loss of alertness & performance with life and health threatening consequences

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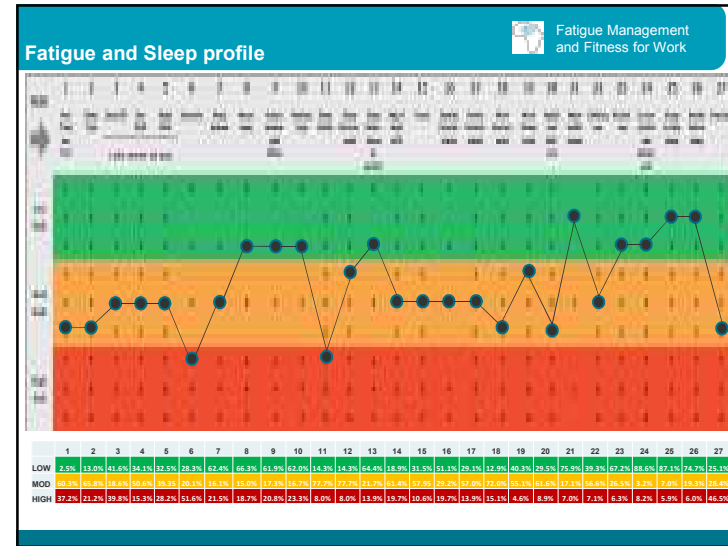
Causes of fatigue

- Too little sleep;
- Poor quality sleep;
- Circadian Rhythms, and;
- Mentally or physically demanding work

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Why Measure and monitor worker fatigue?

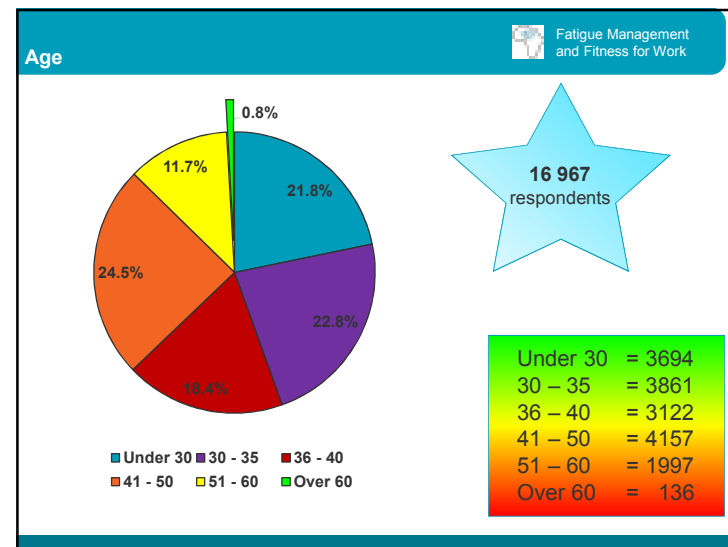
- Risk Identification: Organizational → Controls
Individual → Assistance and treatment
- Outcomes of Interventions
- Workplace Design

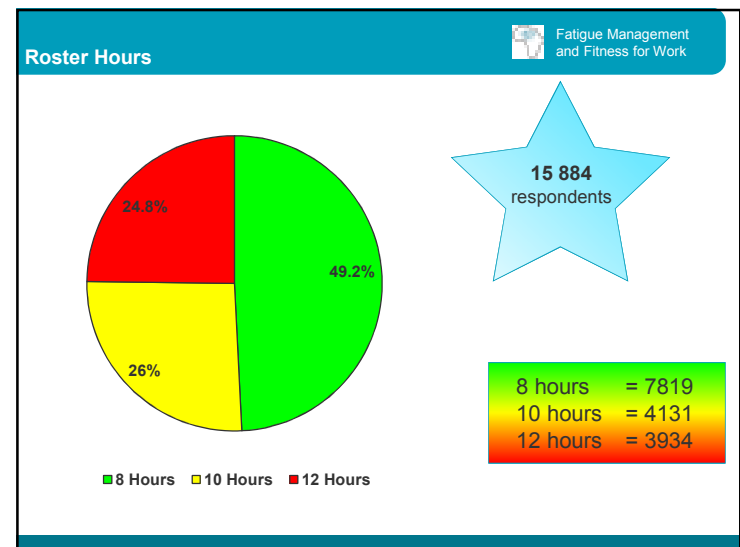
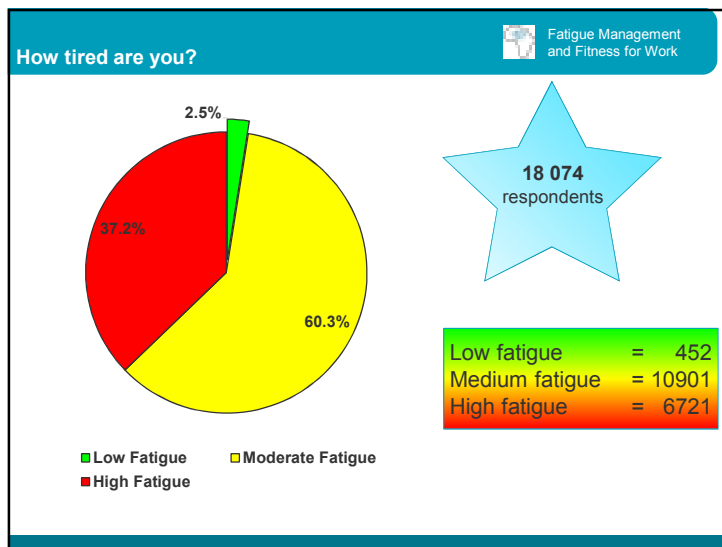
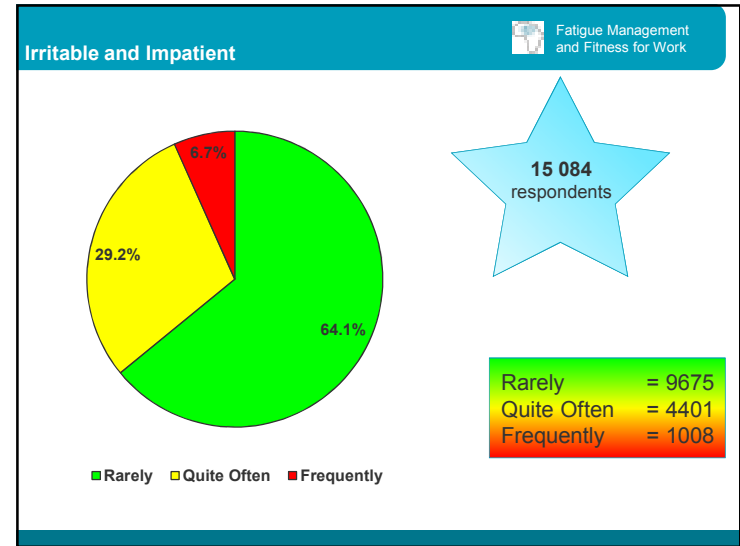
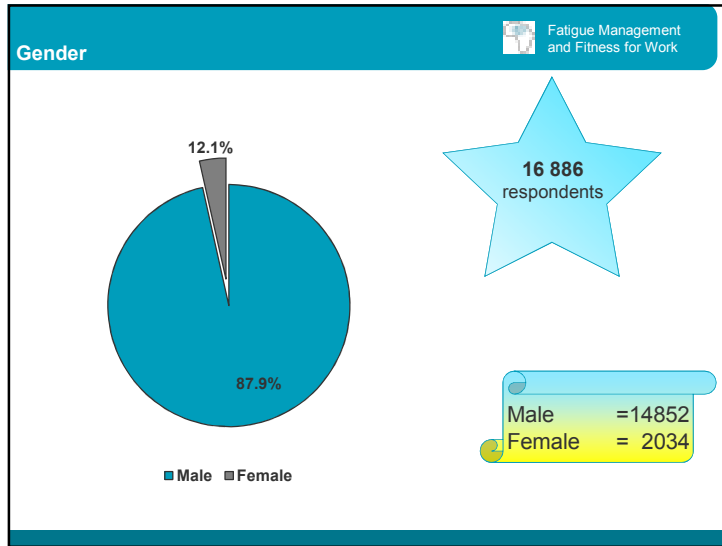


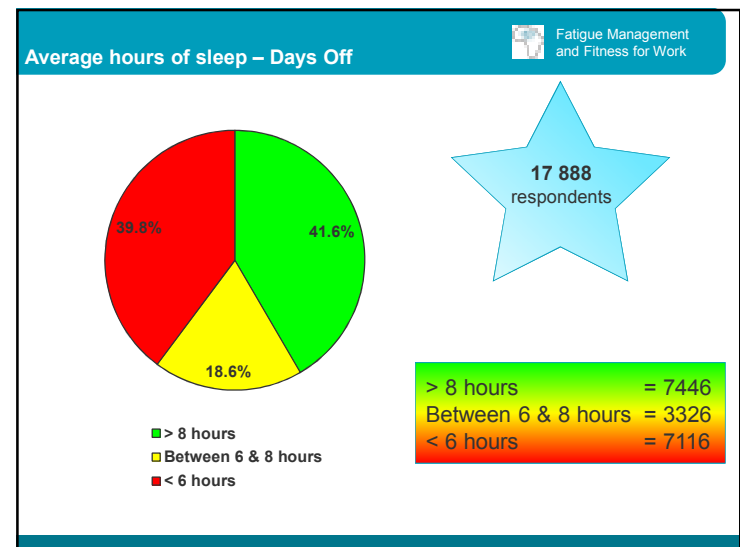
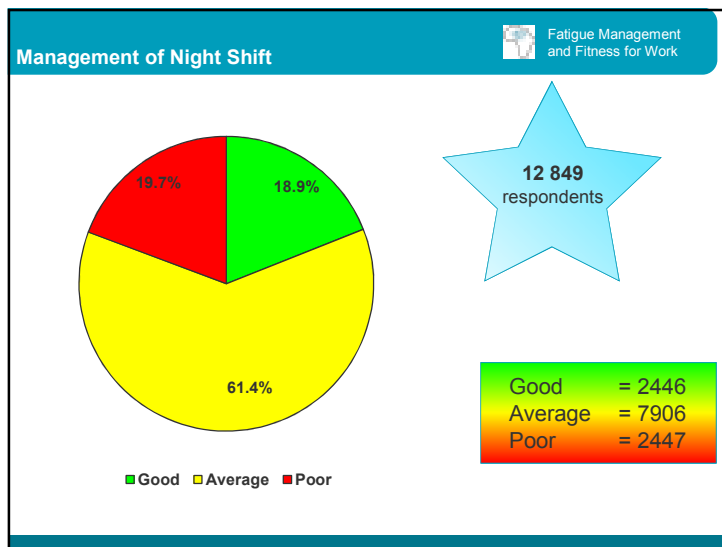
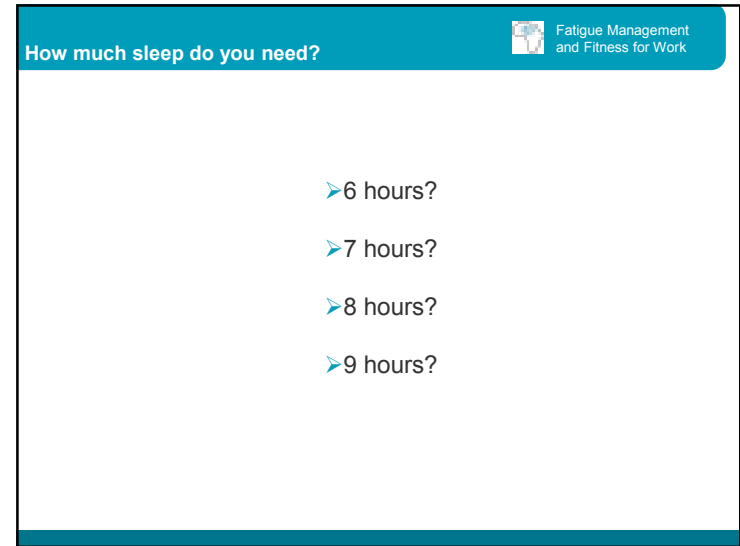
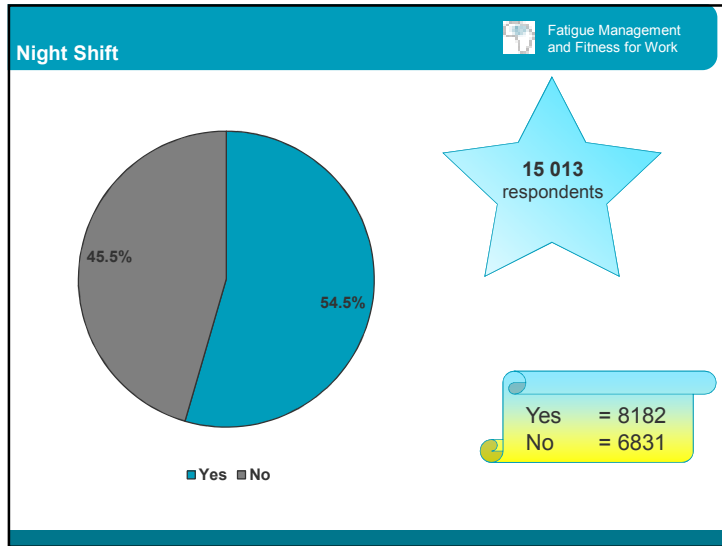
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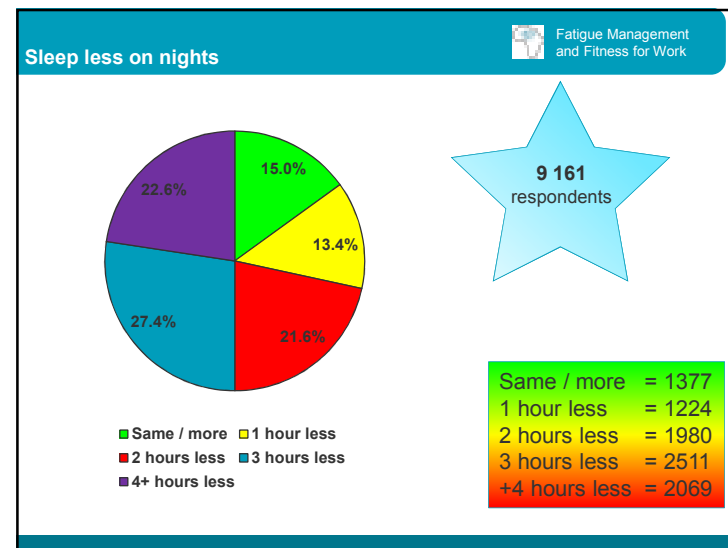
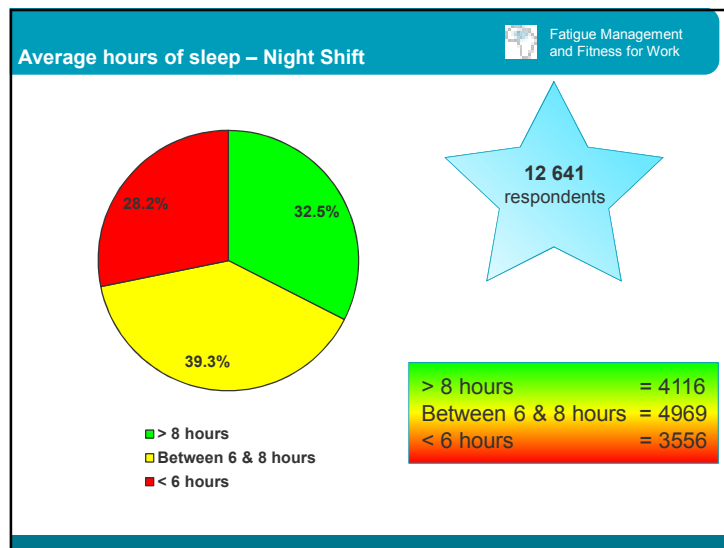
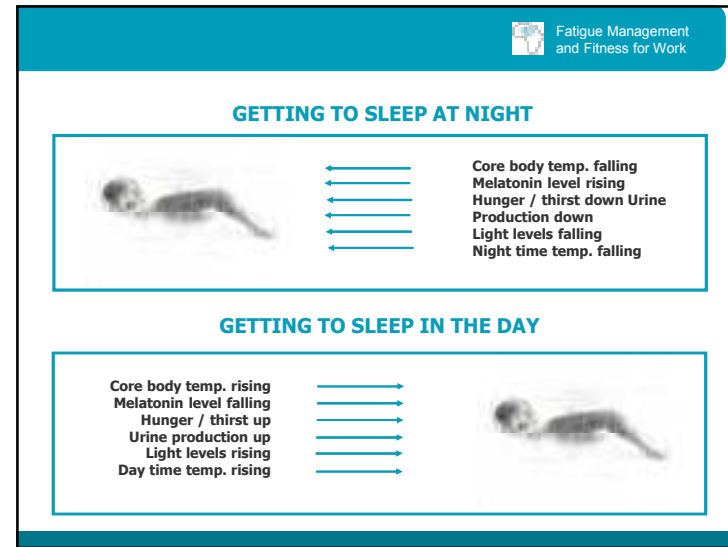
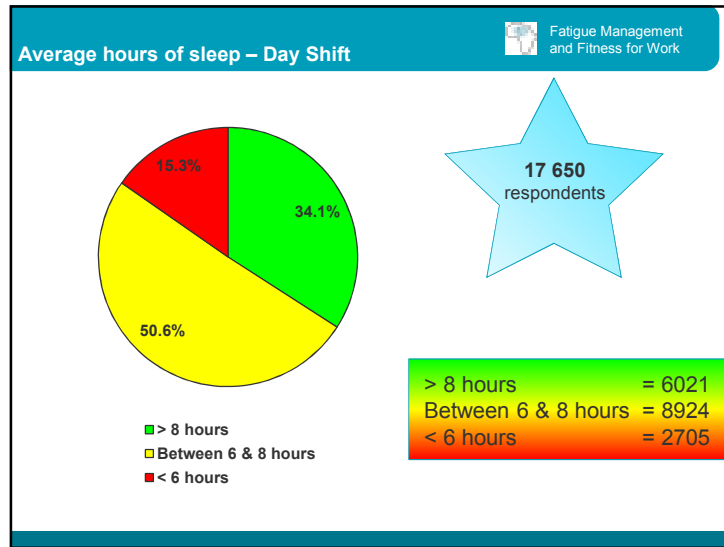
Tools and Techniques

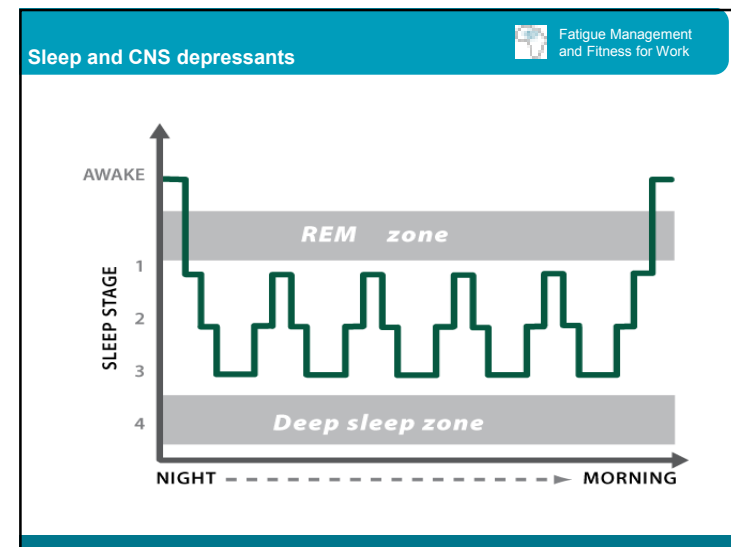
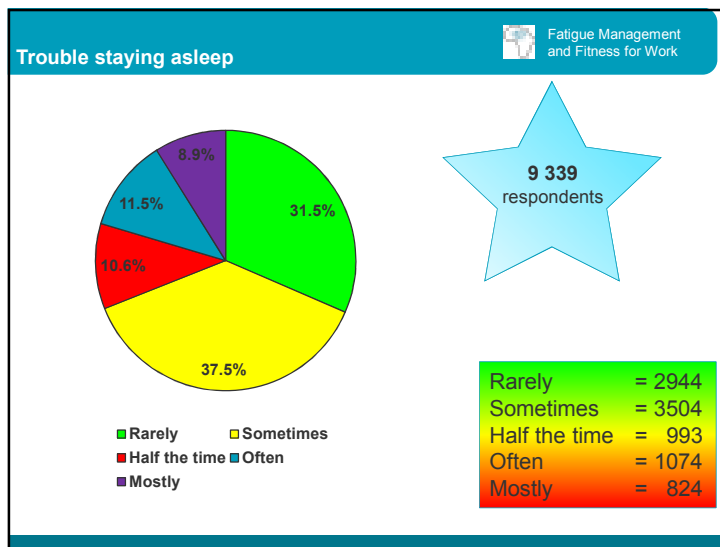
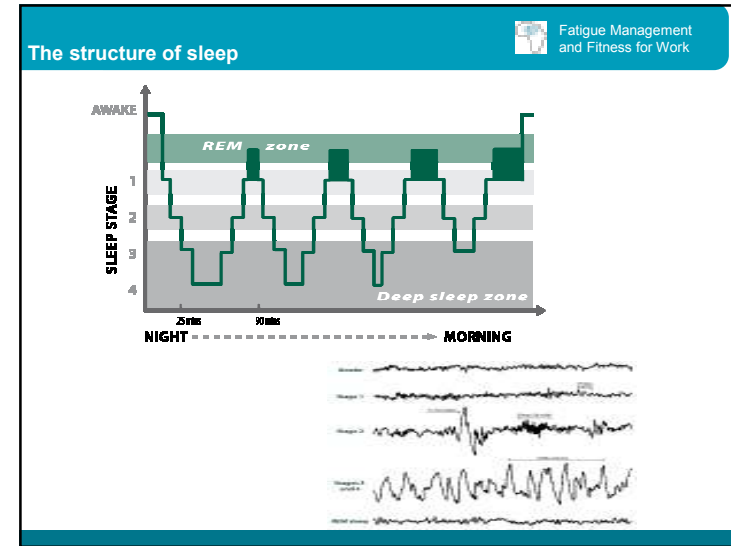
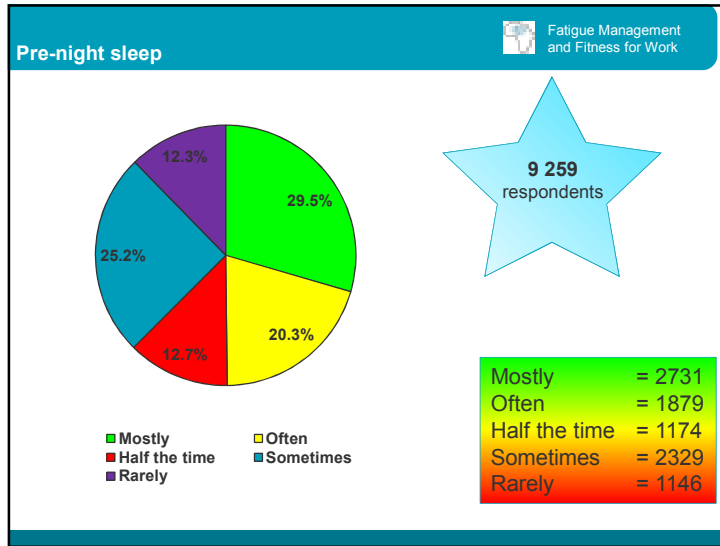
- Interviews and Questionnaires
- Technology: Fatigue Science
SleepImage
SmartCap
- Assessments: Medical
Incidents / Accidents

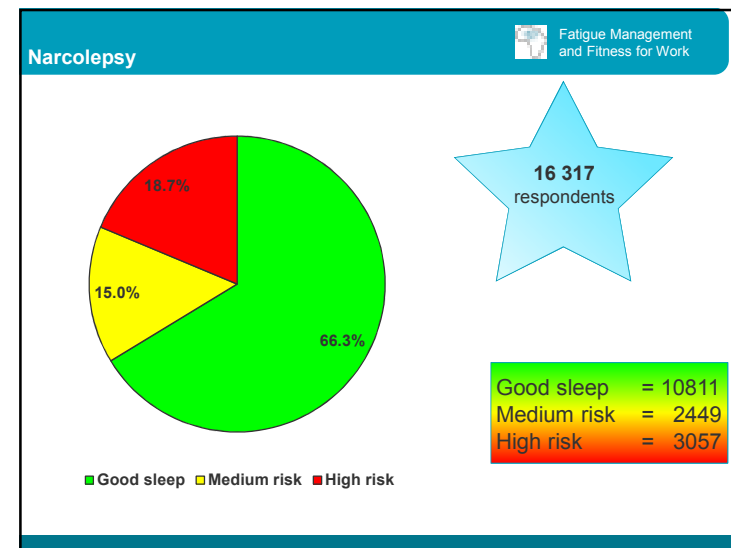
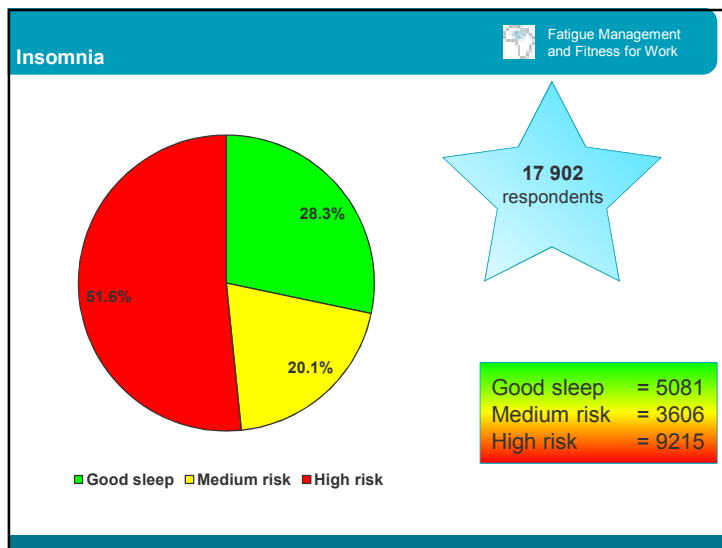
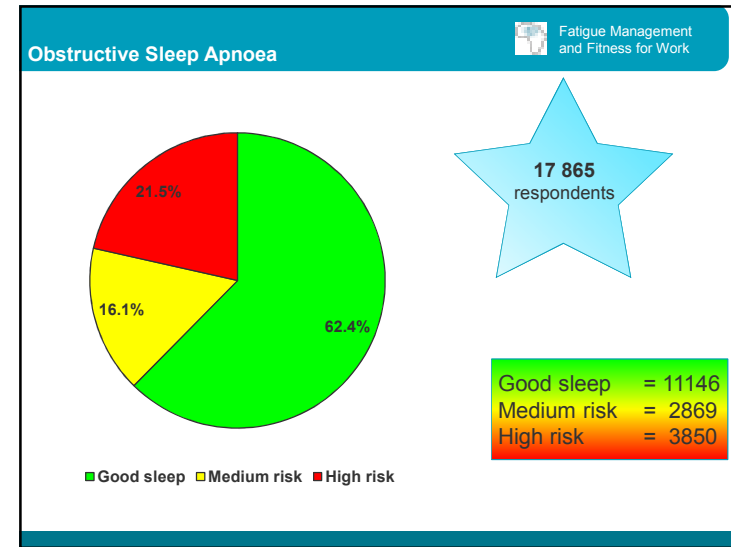
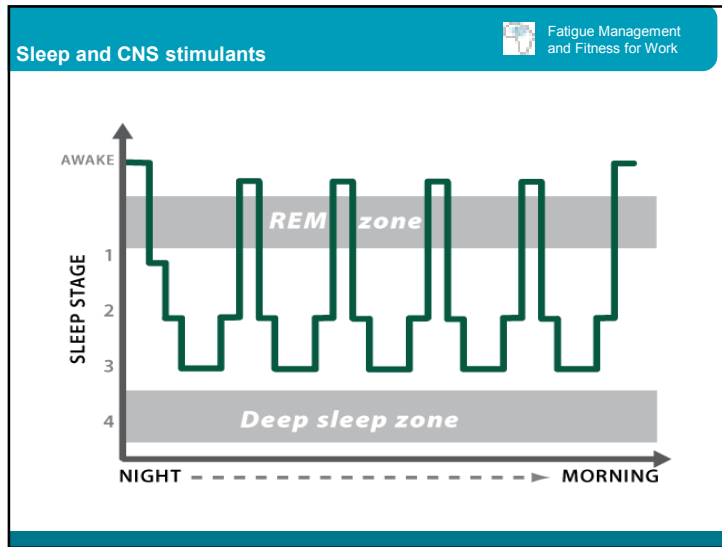


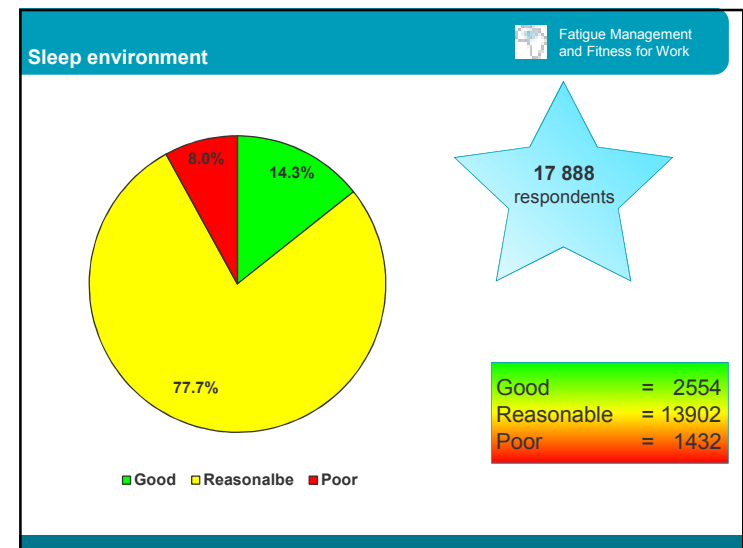
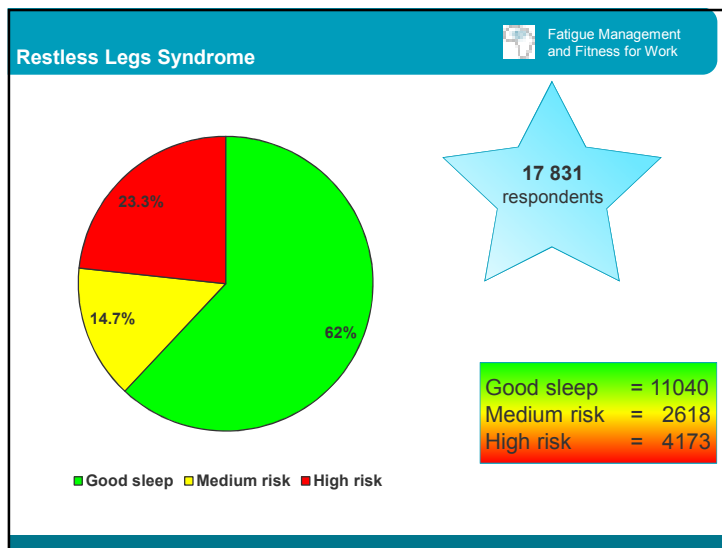
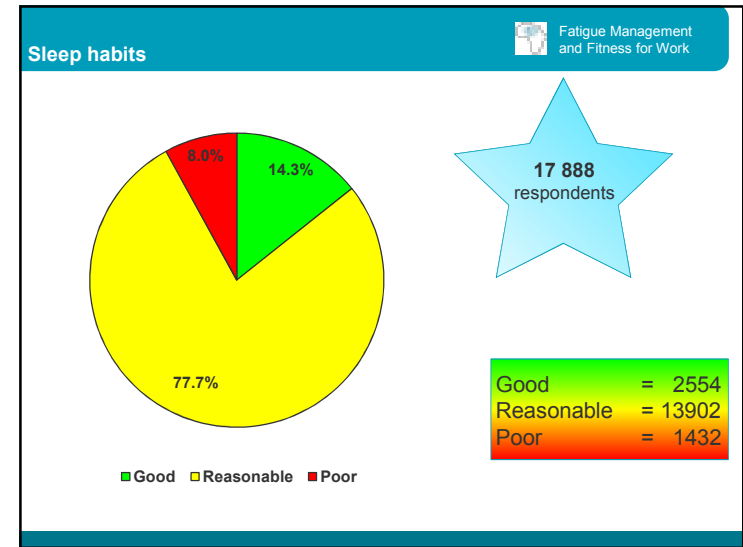
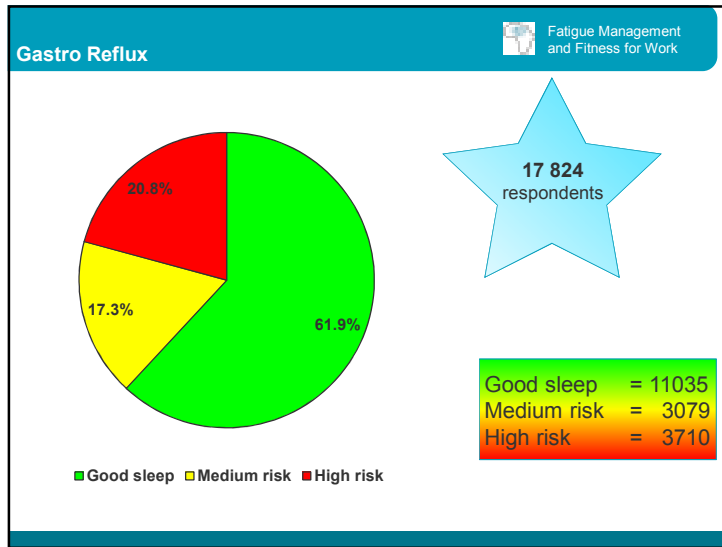


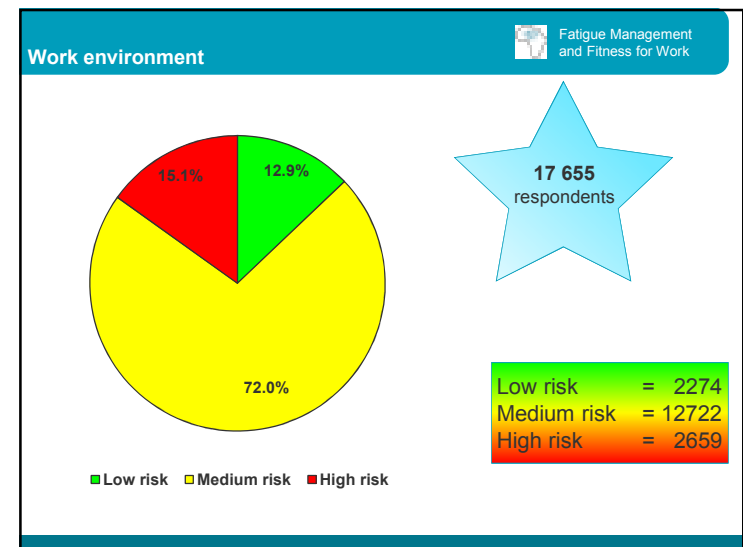
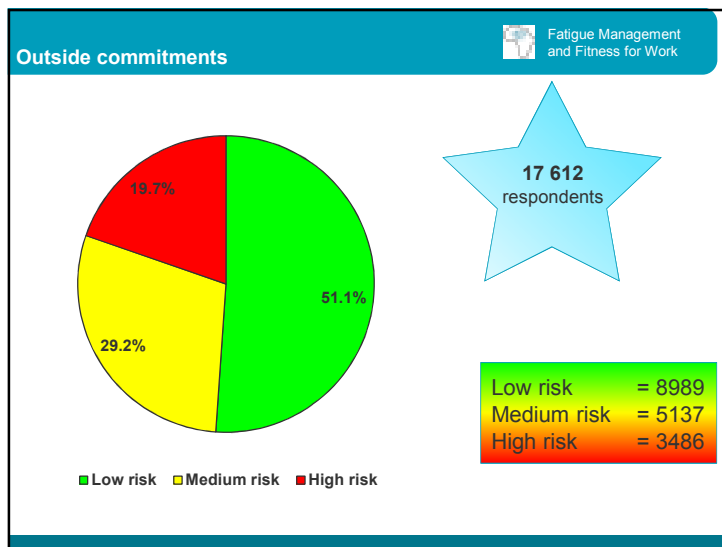
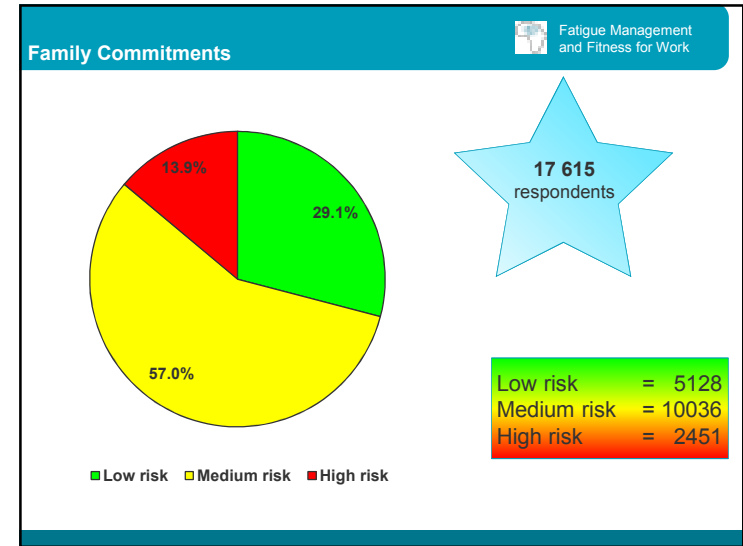
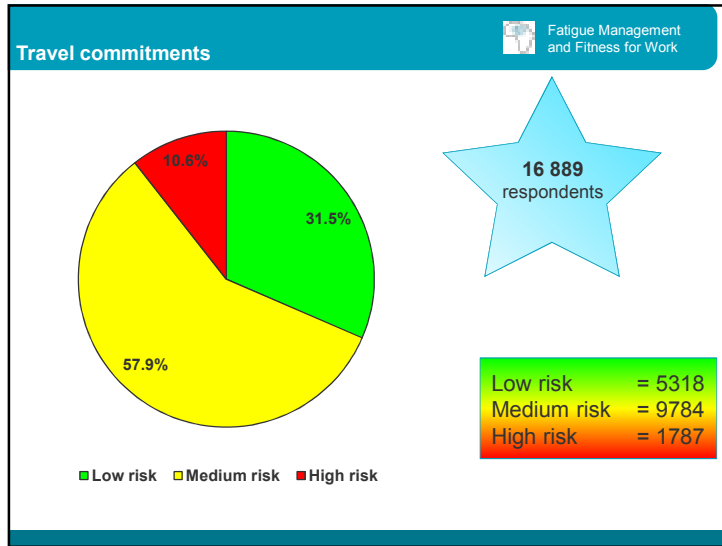


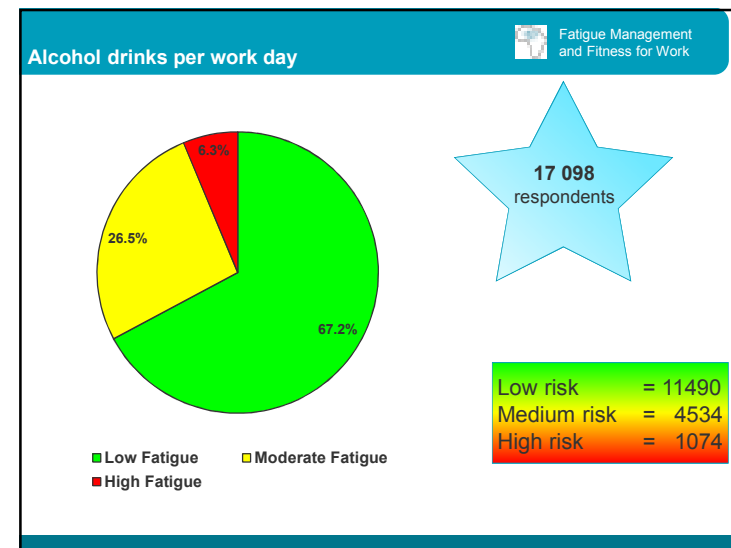
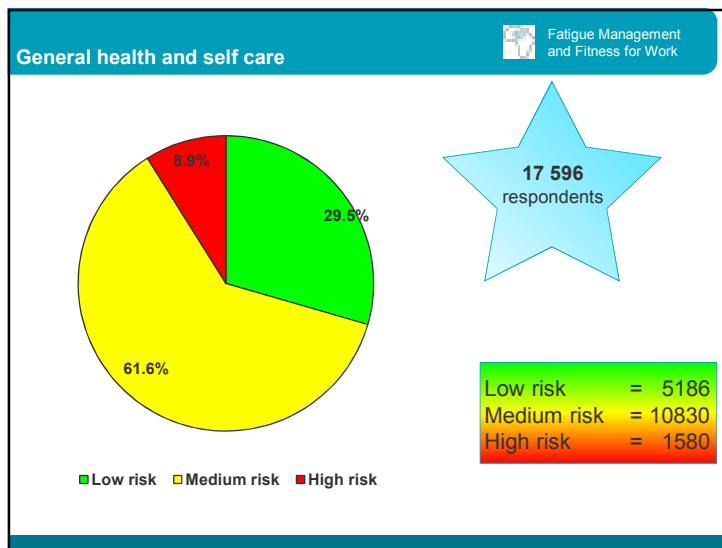
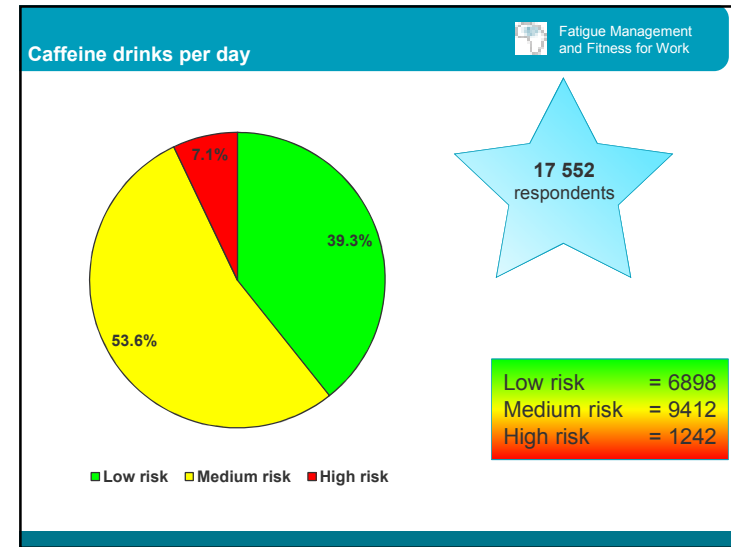
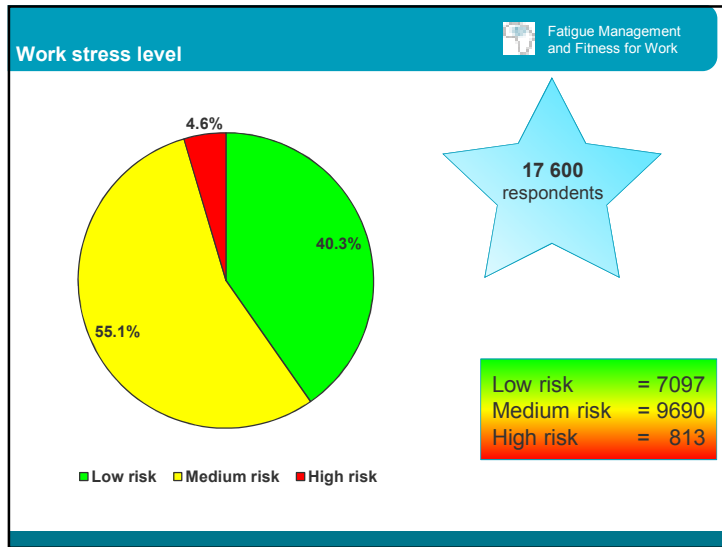


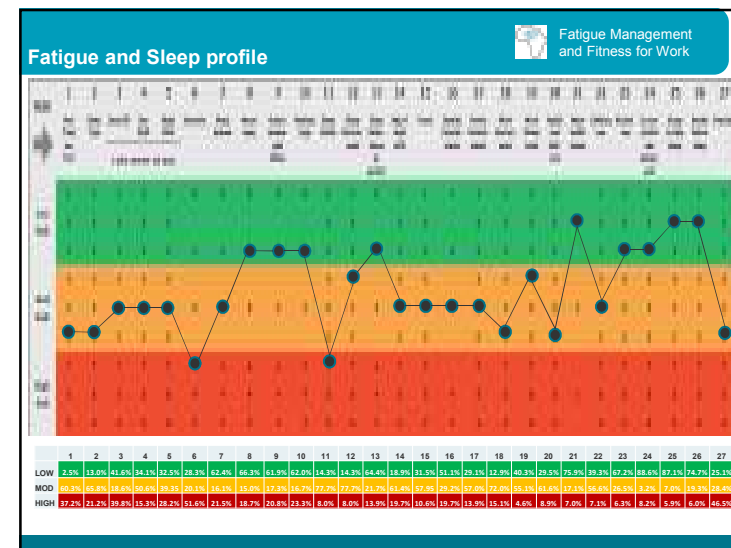
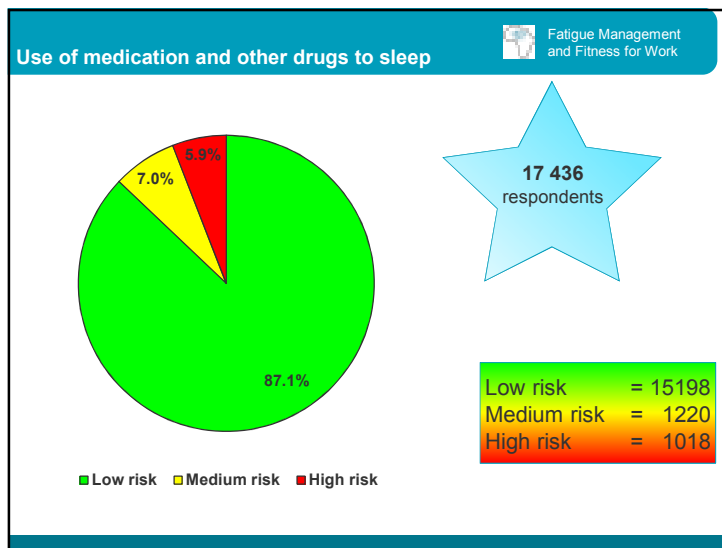
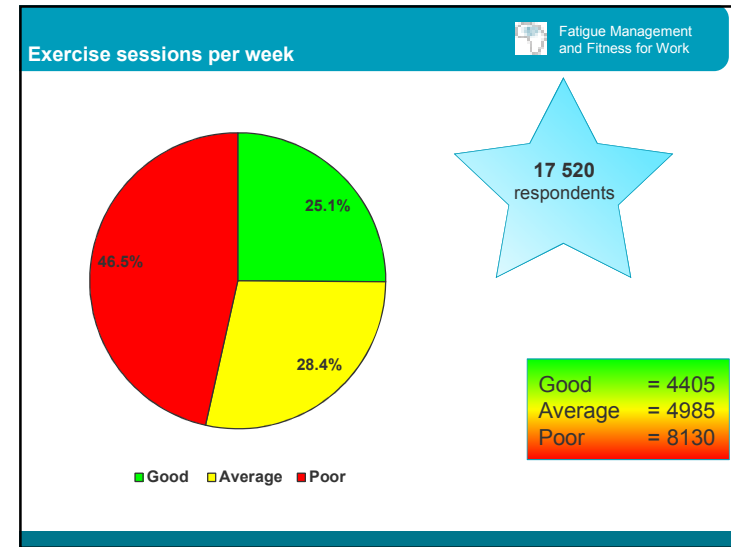














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