

# COVID-19 FATIGUE RISK MANAGEMENT

Workplace conditions are changing rapidly to adapt to the anticipated prolonged impact of COVID-19, requiring new approaches to manage fatigue-related risks. Opturion has partnered with FMSSA to offer a suite of targeted expert consulting services, training and cutting-edge technologies to assist organisations to mitigate and manage fatigue risks during the anticipated COVID-19 surge.

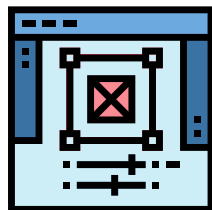
For healthcare and other essential service providers, fatigue risks will be exacerbated by the concurrent impact of extreme workloads/stress, and reduced staff availability due to illness, quarantine or carer duties. Many people now working from home also face novel challenges, including fulfilling both work and family responsibilities, and isolated work. Employees are experiencing, and will continue to experience, fatigue – we need to prepare them and do everything possible to minimise the adverse consequences on the health and safety of workers and the broader community, and to reduce the likelihood of staff burn out.

In partnership with the Cooperative Research Centre for Alertness, Safety and Productivity, Opturion has created **AlertSafe™**. The first rostering optimiser that has the power and flexibility to automatically create practical, minimum cost rosters that re-roster quickly when shifts change and model the impacts of shift work on individual staff, resulting in maximum alertness, safety and productivity.

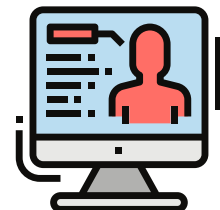
**In order to respond to rapidly changing workplace conditions, fatigue management systems must adapt to address new and evolving risks. An effective system will have the following key components:**



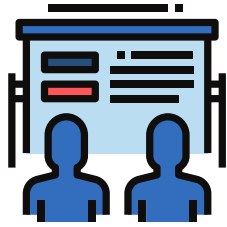
Targeted fatigue risk management policy and plan



Design and management of rosters/hours of work to minimise fatigue risks



Fatigue risk assessment

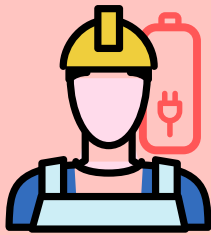


Flexible and accessible education and training



Monitoring and evaluation.

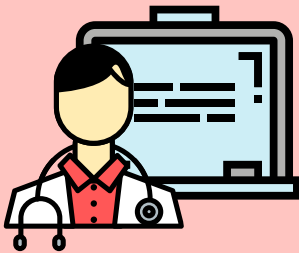
## OUR FOCUS:



Implementing proactive fatigue risk mitigation processes and technologies.



Techniques and tools for maximising alertness and managing fatigue risks while on-shift.



Education and tools to optimise available sleep opportunities while off-shift (particularly important given the link between inadequate sleep and poor mental and physical health outcomes, including reduced immune system functioning).

### To learn more, contact us at:

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