

BEST PRACTICES FOR FATIGUE RISK MANAGEMENT

Human fatigue is recognized as being one of the primary causes of accidents in the industrial sector. The costs of fatigue are a major human and financial burden to companies, workers, and their families.

This session presents some of the key issues concerning employee fatigue and will also identify resources for managing fatigue. It will answer the following questions: What is fatigue? What variables impact fatigue? What are the consequences of fatigue? How do you develop the Five-Level Fatigue Hazard Control Model? How do you fatigue proof your employees?

Let Dr. Melnychuk, introduce you to some of the newest developments in the areas of fatigue risk management. **This session would fit perfectly into a Safety Meeting format.**

You will learn to:

- Define fatigue and recognize the signs and symptoms of fatigue
- Understand the biology of sleep and circadian rhythms
- Get higher quality sleep
- Understand the Five-Level Fatigue Hazard Control Model
- Assess and reduce the impact of the contributing factors to fatigue
- Develop ways to monitor energy and tension
- Make food choices that provide the required energy
- Discover the health benefits of regular physical activity
- Build family, social, and recreational time

CLIENT FEEDBACK:

“On behalf of Akita Drilling, Thank you for the informative and motivating presentation on Best Practices for Fatigue Risk Management for our Rig Managers and Management Team. Your ability to maintain the interest of the group for the complete session is a credit to your excellent speaking and presenting ability. The **material is interesting and meaningful** and your strategies will ultimately improve the lives of anyone that applies them. I was extremely pleased that you included proper nutrition as an important way to maintain and improve health conditions. Most people are unaware of sleep patterns and effective rest, your session is an excellent way to get informed.

Working in the oil patch has always been hard on our workers, they work long hours with shortages of proper rest, improper eating habits and constant stress to get the job done. With your afternoon presentation, **our managers are more aware of the potential risks** that are applying to their health every day. Without health you have nothing. Dr. Melnychuk **will inspire you** to take better care of yourself.”

– Ray Coleman, Vice President, Operations,
AKITA Drilling Ltd.

“I had the opportunity to bring Dr. Don Melnychuk a **world class speaker** to the employees at ATCO Electric. His presentation on fatigue management **really hit home** to our staff. His ability to capture his audience is second to none. He personally has given me and many others within the company insight on recognizing fatigue and techniques to help manage fatigue within our workforce.

I highly recommend all industries to take part in one of his seminars. Thank you for captivating our staff and providing **informative and entertaining sessions throughout our region** at ATCO Electric.”

– Chris Eskelson CRSP
Health Safety & Environment Coordinator,
ATCO Electric

Continued below

"As part of the upstream oil and gas industry's initiative on fatigue management, Dr. Don Melnychuk, on behalf of the Canadian Association of Petroleum Producers (CAPP), presented at seven fatigue management workshops for the industry.

Don, we thank you for **providing exceptional workshops** that were both informative and entertaining. All workshops across Western Canada were well received **with participants claiming that they gained valuable information and tools**. A number of CAPP's members have since brought you into their own organizations to conduct similar workshops; this speaks to the satisfaction of the participants. The **delivery of your workshops was professional, passionate** and overall very successful. You are an excellent presenter and you were able to keep the audience intrigued. I would highly recommend you to others seeking a workshop on fatigue management."

– Sian Pascoe, Policy Analyst,
Environment, Health, & Safety
Canadian Association of Petroleum Producers

"Your session "Best Practices for Fatigue Management" was **enlightening, informative and eye opening to the perils of worker fatigue**. Everyone in every industry should be exposed to this information. You are a well-spoken, entertaining speaker. You captured the class's attention the entire duration. I learned a lot and have faith and respect in the information delivered."

– R. Lamb,
Loss Prevention Coordinator
Concord Well Servicing

"I would like to take this opportunity to formally acknowledge your effort and commitment in sharing your knowledge on "Understanding and Managing Fatigue" and "Stress Management". **Your efforts complement our vision to be a sustainable, professionally led, and profitable organization**. Over the past three years, one of our corporate strategies has been to focus on developing leaders in providing our employees the knowledge to live our Values, including our value of "Every employee comes home safe."

As you spoke at nine of our Business Units and locations between 2011 and 2013, I believe the success and impact is exemplified by the feedback from the participants. of the workshops: "knowledgeable, learning new things about fatigue, the presentation, clear and interesting, a great speaker."

In summary, I believe a key part of your success is the passion you demonstrate for encouraging participants to **recognize fatigue and/or stress and take action** to implement the fatigue management or stress management strategies that will ultimately improve their quality of life."

Strike strongly believes that a proactive culture, with safety in mind, requires leadership that demonstrates clear vision, unwavering passion and genuine sincerity towards the health and safety of all our employees and our contractors' employees. Thank you once again for providing both an **informative and enlightening sessions**."

– John Artym, Vice President,
Health Safety and Environment
Strike Group Inc.