

BEST PRACTICES FOR FATIGUE RISK MANAGEMENT

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

Employers must ensure that everyone in their workplace is aware of potential workplace hazards (such as fatigue), and take steps to prevent workplace accidents, injuries and illnesses that may be a result of fatigue.

Upon completion of this session, participants will be able to define and recognize the symptoms of fatigue, to develop a fatigue risk management strategy and to develop skills to assist and reduce the impact of the contributing factors to fatigue. The participants will learn how to develop, implement and evaluate a Five-Level Fatigue Hazard Control Model.

You will learn to:

- Recognize the effects, signs and symptoms of fatigue
- Develop the Five-Level Fatigue Hazard Control Model
- Assess and document a worker's level of fatigue
- Describe the workings of your body clock, also called circadian rhythms
- Understand the stages of sleep and develop good sleep habits
- Implement a healthy lifestyle management plan
- Understand the role of relaxation and exercise
- Develop appropriate corrective measures to reduce fatigue
- Develop a Fatigue Risk Management System assessment checklist

CLIENT FEEDBACK:

“On numerous occasions, Suncor Energy has retained Dr. Melnychuk for motivational and educational speaking engagements for its employees and contractor workforce, and **his unforgettable presentation has never failed to engage and inspire everyone in attendance.**

Dr. Melnychuk's presentations are **incredibly relevant and valuable in our overworked world.** He offers keen insight into a wide body of work on how the incessant demands of our personal and professional lives can wear us down, and in doing so put us at risk for a variety of ills. Fortunately he also **equips us with the tools and the strategies to manage** these risks, giving his audience a useful toolbox for survival in a fast-paced world.

If you would like any more information about the exceptional and valuable message Dr. Melnychuk can deliver to individuals and organizations, please do not hesitate to contact me at any time.”

– Brad Elder, Environment,
Health & Safety Coordinator
Suncor Energy

“It is obvious from their ratings of your session and from their written comments that the **delegates ranked your session as one of the best at our Conference.** Here are some of their comments: "The best session of the entire two days". "Should be offered each year". "Eye opening and also entertaining". "Very **informative, entertaining and enlightening**". "Great information that is scientifically based". "Great interaction with audience".

We look forward to having you back next year.”

– Victoria Woroniak,
Communications Officer
Saskatchewan Workers' Compensation Board

Continued below

"I would like to take this opportunity to formally acknowledge your effort and commitment in sharing your knowledge of "Best Practices for Fatigue Risk Management". Your ability to communicate and involve the participants in our Safety Stand Downs is truly a measure of success. In 2008 to date, we have facilitated 14 Town Hall meetings with **more than 2000 participants**, who have **consistently provided positive feedback** on your sessions. I believe a key part of your success is the passion you demonstrate for encouraging participants to *recognize and implement the fatigue management strategies* that will ultimately improve their quality of life.

Thank you once again for providing both an informative and enlightening session that supports the Penn West "Hours of Work and Fatigue Management" standard."

– John Artym, Vice President,
Health Safety and Training,
Penn West

"On behalf of the Federated Press, I would like to express our gratitude to you for your presentation at the Health & Safety in the Oil & Gas Industry Conference in Calgary. Your presentation "Best Practices for Fatigue Risk Management" was beneficial to our conference and delegates. Your overall score out of ten (10) is: 9.1 for content and delivery. Some of the comments were: "**Excellent linkage** between fatigue, nutrition, stress, etc.", "Very interesting, great presentation", "Fantastic", "Dynamic presentation", "Awesome", "Excellent".

We thank you once again for your participation at this successful conference and we look forward to working with you in the future."

– Kathleen Finnerty, Administrator,
Corporate Learning Events,
Federated Press

Occupational Health & Safety Certificate Program:

Coping with Stress, Conflict and Confrontation, Shiftwork and Sanity, and Developing a Fatigue Risk Management System.

"Dr. Melnychuk could be classified as an exceptional presenter for the following reasons: Service ethic - He cares deeply that his clients get good service. **Consistently high ratings by his clients supported by very positive comments reflect this caring attitude.** In addition, he uses high quality process skills in class to interact and respond effectively to their learning needs. In sum, compassionate service is his forte!

Some comments made by clients taking these course are:

- "Excellent instructor. I would tell everyone I know to take these courses from him"
- "Great speaker, very informative. One of the best I have had"
- "Dr. Melnychuk is an extremely knowledgeable person on this subject matter. His personality is dynamic and refreshing, very likable and people orientated"

In summary, I would recommend his **exceptional work delivering courses** to anyone who wants **great service from a great presenter** who is continuously improving what he does for his clients."

– Nimmi Dua, Program Coordinator
Occupational Health & Safety Certificate Program,
University of Alberta