

# FATIGUE RISK MANAGEMENT

## *Developing risk control measures for people and businesses*

With a focus on health risk management, Life Health Solutions, helps organisations to develop fatigue risk management programmes that reduce fatigue-related outcomes in the workplace. Whether your business operates on extended hours or shift rotation, working long hours can cause fatigue-related stressors like sleep disorders as well as serious incidents at work. Without the correct measures in place, these can compound over time, resulting in high absenteeism, high employee turnover, and possible financial strain – for both employers and employees.

### ■ **Fatigue risk screening and case management**

We use a screening tool to determine whether employees are at risk of fatigue. Based on the risks identified, we can provide recommendations such as referrals for appropriate treatment.

### ■ **Ongoing monitoring and evaluation**

Our third-party providers monitor your workforce's fatigue levels using machine vision technology and wearable devices for sleep monitoring and performance tracking, among others.

### ■ **Awareness and prevention**

Among our awareness and prevention efforts are awareness campaigns, wellness days, and other engagements supported by a wide range of related content.

### ■ **Clinical and referral pathways**

Backed by Life Healthcare and our affiliate network, we have direct access to established referral pathways to help you find the right support for your employees.

#### **Work-related causes of fatigue**

- Long hours of physical or mental exertion
- Insufficient rest time between shifts
- High physical workloads
- Temperature extremes
- Excessive noise
- Excessive work stress
- A lack of ergonomic design in workstations

#### **Non-work-related causes of fatigue**

- Living conditions that are not conducive to rest
- Poor nutrition or lack of exercise
- Certain medications
- Insufficient rest
- Physical health and medical conditions
- Emotional trauma
- Alcohol and substance abuse



# BENEFITS TO YOUR ORGANISATION

## ■ Increased workplace safety

Organisations who proactively identify fatigue-related risks and take measures to mitigate them help to foster a safer work environment that reduces the likelihood of incidents and injuries occurring in the workplace.

## ■ Adherence with regulations

Organisations can minimise legal risks and potential fines by implementing a fatigue management programme that adheres to industry-specific and other jurisdictional requirements.

## ■ Savings on costs

Avoid costly fatigue-related incidents altogether by proactively managing fatigue, organisations can reduce absenteeism, medical costs, compensation claims, and potential legal liabilities.

## ■ Enhanced productivity

You can help your workforce to maintain higher levels of alertness, concentration, and productivity, resulting in improved overall performance by actively managing fatigue levels.

## ■ Overall improved well-being

Demonstrate that employee well-being is a priority for your organisation through a fatigue risk management programme. Not only does addressing fatigue-related challenges reduce absenteeism, stress and burnout, but can foster a positive organisational culture.

## WHY CHOOSE US

- We are ISO certified across all of our service lines
- We are industry leaders with 35+ years in health risk management solutions
- Our national footprint is supported by our strong affiliate network
- We are a B-BBEE Level 1 contributor

Get in touch with Life Health Solutions today to find out how we can help you. Visit our [website](https://www.lifehealthsolutions.org) or email us at [hello@lifehealthcare.co.za](mailto:hello@lifehealthcare.co.za)

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☎ 011 219 9000



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