

FATIGUE MANAGEMENT

WAKE UP TO A NEW APPROACH

RESEARCH INDICATES THAT FATIGUE IS IMPLICATED IN BILLIONS OF DOLLARS OF LOST PRODUCTIVITY. ORGANISATIONS ARE INCREASINGLY MOVING TO 24/7 OPERATIONS IN ORDER TO ACHIEVE A COMPETITIVE EDGE IN THE GLOBAL ECONOMY.

Workers experiencing fatigue have higher rates of emotional exhaustion, burnout and poor job satisfaction. Interventions targeting workers with fatigue have a marked positive effect on quality of life and productivity of affected workers.

TMS Consulting specialises in fatigue management strategies and regularly advises clients on roster design, fatigue management plans, fatigue monitoring and educational initiatives related to fatigue.

The TMS Fatigue Risk Management Framework comprehensively analyses the processes in your organisation, determines the barriers to quality sleep, and assesses the contributors to fatigue and human error.

TMS uses scientifically validated tools to predict sleep and fatigue levels in the workplace. We analyse current rostering arrangements with biomathematical models, conduct focus groups and provide training and education. Layered controls are utilised to manage and mitigate fatigue-related risks at different operating levels. TMS has workplace fatigue consultants with experience in the construction, oil and gas, water, health, rail, and other transport industries. We have the practical knowledge, unique skills and tools to develop, implement and project manage fatigue programs specifically designed to your business.

Our team includes fatigue experts who offer guidance on improving fatigue in your organisation. We aim to combine our scientific knowledge of fatigue with extensive and real world experience, thereby helping you to improve your systems and gain flexibility, control and a competitive edge.

Our experience covers a wide variety of extended and 24-hour operational settings in many industry sectors including construction, oil and gas, water, health, rail and transport.

TMS has the following fatigue management service offerings:

- + Evaluate fatigue risk management systems, policies, procedures and processes
- + Develop and assess rosters and work schedules
- + Develop and implement evidence based fatigue risk management systems, policies and procedures
- + Measure exposure to fatigue risk using well-established tools and methodologies
- + Develop and facilitate tailored workshops and training programs to optimise safety performance
- + Facilitate compliance audits

