



# Individual Fatigue Consultation

## Consultancy

Every business with physical assets or infrastructure has maintenance schedules to ensure those assets perform at their best.

An Individual Fatigue Consultation is a one-on-one discussion with a fatigue consultant to:

- Identify work and non-work-related variations that affect individuals' risk of fatigue.
- Understand current management strategies; and
- Develop recommendations and plan for additional strategies that could be implemented to proactively manage fatigue, health and wellbeing.

## Individual fatigue support options.

Self-managed: Worker receives best practice Fatigue Risk Management information to attain the necessary knowledge, skills, and resources to help manage fatigue with the ALERT Booklet Series:

1. An introductory guide to staying ALERT
2. A mind's guide to staying ALERT
3. A sleeping guide to staying ALERT
4. A nutrition guide to staying ALERT
5. An exercise guide to staying ALERT

Self-assess and self-manage: Worker will be sent a link to undertake a comprehensive online Fatigue Risk Factor Assessment that will identify work and non-work-related risk factors.

The Worker will be provided with the outcomes of the assessment and will then be able to use the ALERT Booklet Series to target strategies that address the high-risk areas identified in their Fatigue Risk Factor Assessment.

Individual fatigue consultation: Workers will be sent a link to undertake a comprehensive online Fatigue Risk Factor Assessment that will identify work and non-work-related risk factors.

The individual selecting this option will be contacted to schedule an appointment with an Ethos Fatigue Consultant who will:

1. Review their current management strategies
2. Develop recommendations for additional strategies
3. Consolidate these into an individual Fatigue Action Plan

Individual health risk assessment: Prior to the Individual Fatigue Consultation, individual will complete an online Health Risk Assessment to provide a comprehensive overview of current health related factors that could influence fatigue risk.