Predictive Safety

FACTORS THAT CONTRIBUTE TO FATIGUE

Work Environment

- Temperature
- Noise
- Light levels
- Vibration
- Humidity
- Exposures

Shift/Roster

- Night work
- Shift length
- # of consecutive days worked
- Rotation direction
- Breaks
- Cycle length

Private commitments

- Family
- Social activities
- Other jobs

Sleep Environment

- Temperature
- Noise
- Light

Commuting

- Daily
- Start/End cycle

Work nature

- Mental load
- Physical load

Work culture

- Work pressure
- Support for self-management
- Work practices
- Job rotation
- Napping

Individual characteristics

- Suitability for night work
- Age
- Fitness
- Chronic illness
- Sleeping disorders

Skills/ Knowledge

- Sleep hygiene
- Sleep habits
- Nutrition
- Preparation for night-shift

AlertMeter