



# Discover how fatigue risk could be impacting your business.

Baseline the fatigue health of your business with Fatigue Snapshot, our fatigue audit service.



## What is Fatigue Snapshot?

Fatigue Snapshot takes about four weeks to complete. You'll get a custom fatigue assessment that identifies key focus areas and makes recommendations for proactive intervention.

### Two weeks before start (date):

We send actigraphy sleep tracking devices and instructions to you. We set up an introductory call to go over participant requirements in more detail and answer any questions you may have.

### Once the study begins:

Participants wear the wrist-worn actigraphy device for the duration of the study and keep a daily sleep log.

### At the end of the study:

You return the actigraphy devices to Pulsar along with sleep logs for each participant.

## How will this data benefit my operation?

Establishing a baseline of fatigue risk in your operation provides the knowledge and skills required to apply appropriate fatigue management strategies at both the company and the employee level.

This knowledge can be used to shape safety policies and procedures, and to facilitate awareness of sleep hygiene and its impact on fatigue risk. The benefits are lower costs and improved safety.

## What happens next?

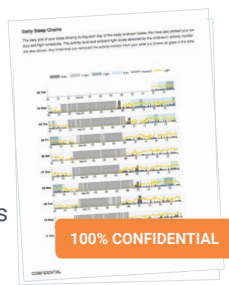
After the study, we compile the data and generate a personalized report for each participant, as well as a company report that objectively identifies fatigue risk levels throughout your operation. We also host a webinar to discuss how fatigue risk is impacting your business.

### Personalized Report

Each participant receives a personalized fatigue risk report. These reports are not shared with the company.

Includes:

- Fatigue score summary
- Information about chronic sleep deprivation
- Daily fatigue estimates
- Daily sleep charts
- Recommendations for ongoing sleep and fatigue tracking tools, such as Fatigue Meter

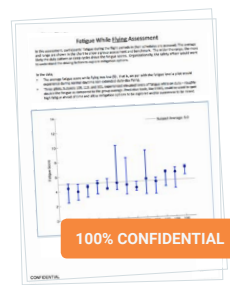


### Company Report

You receive a summary report with de-identified fatigue risk information on all participants.

Includes:

- Fatigue Snapshot summary
- Information about human performance and sleep loss
- Analysis of company sleep and fatigue data
- Proactive FRMS advice
- Recommendations for ongoing fatigue risk analysis tools, such as Fatigue Meter



**The first step in protecting your business is to uncover the fatigue stressors affecting your employees.**

Request a live demo today!

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