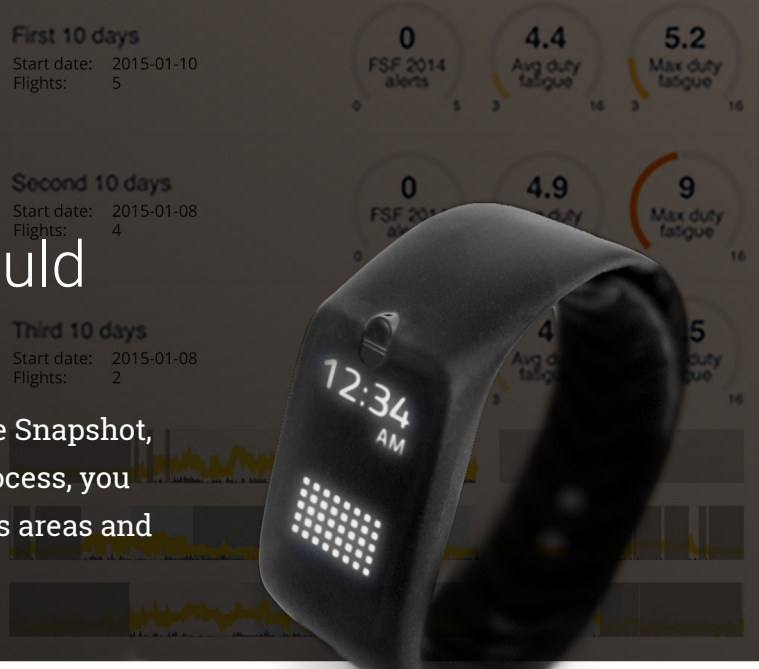
PULSAR INFORMATICS

Discover how fatigue risk could be impacting your business.

Baseline the fatigue health of your business with Fatigue Snapshot, our fatigue audit service. At the end of this four week process, you get a custom fatigue assessment that identifies key focus areas and makes recommendations for proactive intervention.



How do I get started?

Contact Pulsar and ask about the Fatigue Snapshot.

About two weeks prior to start date:

Actigraphy sleep tracking devices and instructions will be sent to you.

Pulsar will set up an introductory call to go over the participant requirements in more detail and answer any questions you have.

Once the study begins:

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

Someone from the operation needs to record the actual flight and duty periods for each participant.

At the end of the study:

Return the actigraphy devices to Pulsar along with sleep logs and flight and duty schedules for each participant.

What happens next?

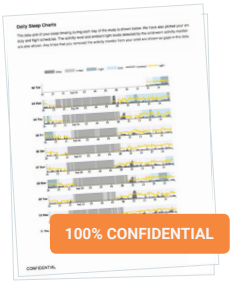
After the study, Pulsar compiles the data and provides a personalized report for each participant, a company report that objectively identifies fatigue risk levels throughout your operation, and will host a Webinar to discuss how fatigue risk is impacting your business.

Personalized Report

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

Includes:

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



Company Report

A report consisting of de-identified fatigue risk information on all participants. This report is not shared with anyone outside of the company.

Includes:

- Fatigue Snapshot summary
- Background: Learn 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 Aviation Fatigue Meter

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 knowlege can be used to shape safety policies and procedures, and to facilitate the awareness of sleep hygiene and its impact on fatigue risk toward safe flying operations.

Protect your business by uncovering the fatigue stressors affecting your employees.

Ready to start managing fatigue risk?

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