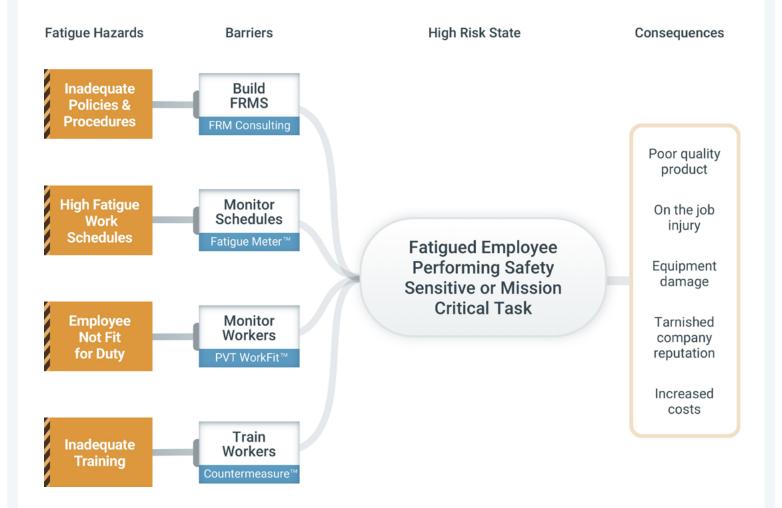


## Fatigue Risk Management Tools

Everything you need to manage fatigue risk in your operation.

**Fatigue can put your business at risk of incidents that impact safety, cost, and company reputation.** Effective fatigue risk management starts by identifying the causes of fatigue hazards in your organization and then implementing active barriers to prevent high risk conditions. Pulsar Informatics has validated a comprehensive approach to fatigue risk management consisting of the four barriers illustrated in the bowtie diagram below.





Unmanaged fatigue jeopardizes safety and increases costs. Pulsar Informatics provides a comprehensive set of resources and professional services to move you forward with fatigue risk management in your operation.

### What is an FRMS?

A Fatigue Risk Management System consists of an integrated set of policies and procedures, monitoring technologies, risk controls and workflows that together promote safety and reduce fatigue related risk in operations. Having an effective FRMS improves safety, saves costs and helps meet evolving regulatory requirements.

### What are the steps?

We will interview your safety manager and other stakeholders to understand the current state of your risk management policies and procedures and prepare a gap analysis with recommendations on how to align with the appropriate industry regulations and guidance.

### **FRMS Manual**

Our FRMS Manual template is based on years of experience implementing fatigue risk management programs for air medical transport operators around the world. Our policy experts will integrate findings from interviews with your team to customize the template to the specific needs of your operation.

### Implementation Roadmap

We will provide guidance and resources at each step in the implementation process. We are confident your Fatigue Risk Management System will begin to deliver measurable safety improvements within six months.



### Implementation Roadmap Overview

### **Benchmark & Plan**

Our fatigue experts will help you establish your goals and baseline metrics to track over time.



### **Educate & Train**

Tap into our library of training resources to ensure everyone in your workforce has the knowledge and skills needed for their role in the FRMS.



We offer the tools you need to monitor for fatigue hotspots in your schedule and have crew members perform alertness assessments when appropriate.

### **Track & Refine**

Your FRMS will provide you with specific safety performance indicators to track over time. Use these insights to evaluate program effectiveness, calculate operational cost savings and ROI.

Ready to get started? info@pulsarinformatics.com 215.220.4250



Fatigue risk impacts all your employees whose mission critical activities ensure that everything is ready for flight. Workforce Fatigue Meter™ is designed to make fatigue risk management decisions easy. It's a cloud based application that integrates with your work schedule or timecard data and uses scientifically validated algorithms to predict the fatigue level of each employee—for every hour that they are on duty.

**MONITOR** 

No wearables or additional equipment required.

- Fatigue Meter seamlessly integrates with your resource management system through an API and samples the data to monitor for fatigue risk.
- When a worker's fatigue level exceeds a specified threshold, your safety manager receives a notification so that they can activate risk mitigation workflows before an incident occurs.



OVER THRESHOLD

JERBA Jeromy Baum
May 16, 9:38 PM (CDT)

Fatigue at Event: 18

### **SAFETY INTERVENTIONS**

Data-driven approach to manage fatigue risk.

- Select from a menu of risk controls when schedules contribute to elevated fatigue risk as in the case of extended or irregular duty days or transitions to night shifts.
- Quantify the extent to which fatigue may have been a causal factor in a safety critical event.
- Identify fatigue patterns to support a data-driven approach to setting policies and procedures.

Originally developed for NASA and DOD, our validated technologies offer the best in risk assessment, data analytics, security, and ease of use.

"We utilize Fatigue
Meter for our
Dispatch, Flight,
and Maintenance
departments to
provide a robust
mitigation strategy
and manage the risk
of fatigue impacting
our daily operations."



- **Tony Field**Safety Manager,
Aurora Jet
Partners

Request a live demo today!

info@ pulsarinformatics.com 215.220.4250



# Assess Crewmember Alertness with PVT



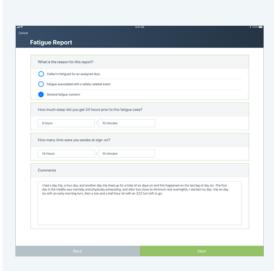


### **MEASURE**

Assess employee alertness as part of standard operating procedures.

- Assessments include the Psychomotor Vigilance Test and self-reported measures such as the Samn-Perelli Scale and Karolinska Sleepiness Scale.
- Data are collected on an iPad app with minimal impact to operations.
- The platform supports custom survey questions to complement the fatigue measures.





### **REPORT**

Enable crewmembers to create and submit fatigue reports.

- A pre-configured survey within the iPad app makes the process of completing a report simple and efficient.
- Streamlined inputs allow crew members to enter all the required information with just a few taps.
- Report data can be integrated with the incident reporting module in your Safety Management System.



We can help you conform to FAA standards.

"PVT WorkFit provides us with a validated, objective framework to assess crewmember alertness. We use it as part of a comprehensive commitment to addressing the human element of safety, to identify high risk scenarios that require mitigations to ensure the safety of our crews and patients. Through its use, I believe that we are saving lives."



Dave MotzkinPresident,PHI Health

PVT WorkFit
incorporates the
Psychomotor Vigilance
Test which is the global
gold standard measure
of alertness and
vigilance attention.

## Request a live demo today!

info@ pulsarinformatics.com 215.220.4250



Effective fatigue risk management requires a partnership between the organization and individual employees. Organizations must provide fatigue risk management resources to educate and support their employees. Employees have a personal responsibility to manage their schedule and get the rest they need to be fit for work. Our Countermeasure<sup>TM</sup> tools enable organizations and their employees to manage fatigue risk together.

Personalized Insights

Integrates with Apple Watch, Fitbit, and other wearables.

### FATIGUE TRAINING PLATFORM

Deliver fatigue training content to your employees anytime, anywhere.

- Employees can access our web-based library of fatigue risk training courses on any device.
- Course content can be tailored to comply with your organization's specific fatigue risk management training requirements.
- Managers can see completion and pass rates on courses.



"Countermeasure
works for me
because it helps me
track my sleep and
fatigue in a way that
keeps my personal
information private."

Mechanic at a major airline

### **COMPANION MOBILE APP**

Put the power of Fatigue Meter<sup>™</sup> and PVT Workfit<sup>™</sup> into the hands of your employees.

Organizations that subscribe to our Fatigue Meter or PVT Workfit products can offer their employees access to personalized insights accessible on their mobile device.

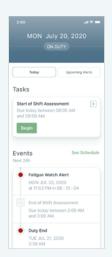
# With a Fatigue Meter integration, your employees can:

- Quickly identify the high risk duties and flights in their upcoming schedule
- Track sleep patterns
- Explore insights about their fatigue trends and patterns



# With a PVT WorkFit integration, your employees can:

- Receive notifications when scheduled assessments are due
- Perform PVTs and view a timeline and statistics of their assessment history and scores



Countermeasure™
delivers fatigue training
and personalized
insights to empower
your employees to
manage their individual
fatigue factors.

## Request a live demo today!

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