

Managing Fatigue Survey

About InterDynamics

InterDynamics is a leading provider of decision support and risk management methodologies and software. Servicing an international market, our extensive client base spans the spectrum of shiftwork and safety-critical industries, including transportation, mining, logistics, healthcare and manufacturing.

Fatigue Risk Management

Solutions: Helping businesses identify, assess and manage the risks associated with work-related fatigue at both operational and management levels.

Decision Support Solutions:

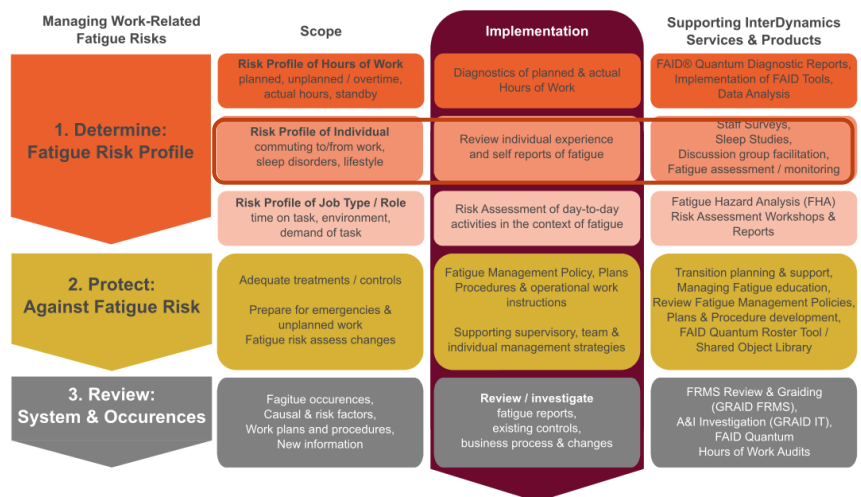
Helping organisations plan and schedule their business operations more effectively.

Our collaborative approach to customer service also helps us stand out from the crowd. Our experienced team can call on a wealth of problem-solving expertise to offer advice that is both practical and implementable.

Please contact us to find out more on this or our other offerings

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InterDynamics provides the opportunity to survey your employees via an anonymous questionnaire aimed at gathering data on individual experience of fatigue and fatigue management within your organisation. Surveying staff is one of a number of fundamental elements within InterDynamics' Risk-based Approach to managing fatigue.



The questionnaire provides personnel the opportunity to provide feedback on individual fatigue management, as well as thoughts on the effectiveness of the organisation's current strategies. Participants are asked questions on personal coping strategies, and their understanding and/or engagement with their organisation's current Fatigue Risk Management System (**FRMS**), associated policies and procedures. The questionnaire also seeks to ascertain a view of participants' current sleeping conditions, possible work and non-work related inhibitors to achieving quality sleep and various exposures to help build a profile of their current risk with relation to fatigue.

The standard questionnaire takes an individual approximately 10 minutes to complete and can be provided to personnel in three modes:

- **Emailed web link** – A link to the on-line questionnaire is emailed to individuals, who then complete the questionnaire by selecting the link and filling in their responses. Personnel must have internet access to utilise this method of delivery.
- **Emailed PDF form** – A PDF version of the questionnaire is emailed to individuals, who then complete the questionnaire by answering the series of questions provided within the PDF document. Personnel must have installed Adobe Acrobat Reader version 10 (or greater). The PDF form is then confidentially emailed back to InterDynamics for collation.
- **Paper-based form** – A hardcopy of the questionnaire is provided to individuals, who complete the questionnaire by answering the series of questions provided within the 1 page, double-sided form. This requires copies of completed forms to be collected by or posted to InterDynamics for data collation and analysis.

Feedback from the questionnaire is provided as grouped or summarised data in a report back to the organisation.

InterDynamics' staff survey provides a practical mechanism for staff engagement and consultation, as well as ongoing improvement of organisational fatigue management. Feedback from the survey can be taken into account in developing action plans for improving fatigue management, through targeted communication and education, and contributing to the enhancement of operational practices. A gauge of company culture with respect to fatigue management can also be achieved through multiple implementations of the Managing Fatigue Questionnaire over time. In the instance only a single implementation of the staff survey is conducted a current view of fatigue or a climate survey with respect to fatigue is achieved.