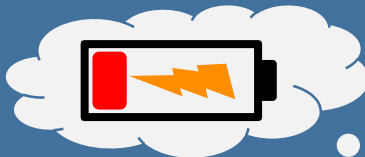


Fatigue Risk Management in EMS



63%



50%

of Virginia's EMS providers averaged less than 7 hours of sleep per day.²⁰¹⁹

of Virginia's EMS providers did not receive enough rest or sleep for at least 14 days a month.²⁰¹⁹

Fatigue is a serious problem in EMS that can lead to poor health, burnout, injury and death. The National Association of State EMS Officials has partnered with a team led by University of Pittsburgh School of Medicine scientists to develop evidence based guidelines to help mitigate the effects of fatigue:

1

Use fatigue and sleepiness survey instruments to measure and monitor fatigue levels of providers



2

Work shifts should be shorter than 24 hours in duration when possible



3

Providers should have access to caffeine while on duty



4

Providers should have the opportunity to nap while on duty

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5

Providers should receive education and training to mitigate fatigue and fatigue-related risks

