

In-Scope Solutions

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Meet Susan:

Susan Sawatzky, owner of In-Scope Solutions, speaks internationally on the topic of sleep health & wellness and fatigue safety in the workplace.

Susan engages her audiences in better understanding the science and the modern realities of fatigue. She is an instructor with the University of Calgary, the University of Alberta and the University of New Brunswick instructing Fatigue Management, Stress Management and Psychological Health and Safety among other courses.

Susan recently drafted fatigue based legislation currently being proposed for Alberta OHS Legislation and has also been influential in developing fatigue policy for the Canadian Oil and Gas Industry.

Testimonials

Susan, you received the highest score from the delegate evaluation at our OHS Conference. I would be happy to invite you again to any of our future conferences!

Halim Lee
 Manager, Conference Development

I had feedback from many staff afterwards who said they really enjoyed the presentation and learned something from it, not only in relation to work safety, but also personal and family health. I have already recommended her to my fellow safety officers, and I would highly recommend Susan's presentation to anyone. Her knowledge in the subject of Fatigue Management and her ability to connect with the audience made for a great meeting!

Jenny Bruns
 County of Barrhead

Susan Sawatzky B.Ed, CRSP
Fatigue Management Consultant



Managing Fatigue Workshop for Supervision

Fatigue is affecting safety performance at your workplace. A fatigued worker is almost 3 times more likely to cause a workplace incident and more likely to engage in safety compromising behavior. Fatigue impairs workers' abilities in a similar manner to alcohol and is:

- Consistently noted as one of the top five causes of worker error
- Four times more likely to contribute to worker impairment than drugs or alcohol.
- Indicated in approximately one in five vehicle fatalities

This three hour session will give management and supervisors some tools to understand and address fatigue in the workplace. Learn the science behind fatigue, how fatigue impacts a workplace, and the current best practices used to effectively manage fatigue risks.

8:30 a.m. to 12:00 | Friday, March 31, 2017
 MHSA, 54 Queensland Crescent, Red Deer
 Call the RDCA to register at 403 346 4846 or info@rdca.ca

Waking up to Fatigue Workshop for Workers

Sleep is one of our basic biological needs, yet it is often the one we know the least about. Fatigued workers can be a significant occupational safety hazard.

This half-day workshop is for workers, and is designed to enable workers to understand how fatigue can impact their safety and their health. To recognize the multiple strategies that can be used to help reduce fatigue, and to feel empowered to be able to implement these strategies into their work environment and daily lives to effectively manage their fatigue. This workshop is designed to:

- Increase awareness of fatigue as a health and safety issue.
- Increase awareness of sleep related concepts such as circadian rhythms and sleep cycles.
- Improve your ability to assess fatigue risks in a work environment.
- Increase awareness of the toolbox of personal fatigue management strategies available to allow for better personal fatigue management.

1:00 p.m. to 4:30 p.m. | Friday, March 31, 2017
 MHSA, 54 Queensland Crescent, Red Deer
 Call the RDCA to register at 403 346 4846 or info@rdca.ca