



FIGHTING FATIGUE

WE NEED YOUR HELP

To curtail the spread of bushfire, Australia's firefighters often work long hours with little rest between consecutive shifts. Inadequate sleep increases the likelihood of impaired performance that can result in higher error and incident rates which in turn can impact your safety and efficiency. However, there is no information on a firefighters sleep quantity and quality during multi-day wildfire suppression.

We need 50 firefighters across Australia (volunteer or salaried) for the upcoming fire season to help us assess sleep quantity and quality throughout multi-day campaign fires.

WHAT IS INVOLVED?

- ✓ Wear a wrist activity monitor pre-deployment, during and post-deployment
- ✓ Wear a shirt pocket monitor during fire suppression
- ✓ Complete a sleep and work diary



CONTACT

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