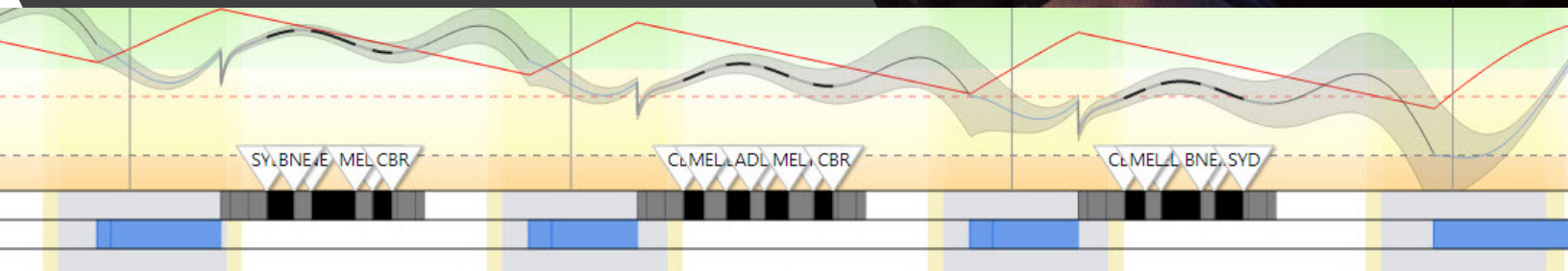




FRMS

SHIFT WORK



SAFTE-FAST CONSOLE OFFLINE

Stay productive wherever you are, no internet needed. SFC Offline is built to empower your business with speed, security, and advanced capabilities, making it the ideal choice for organizations seeking a reliable and powerful tool.

As the ultimate fatigue analysis solution, SFC Offline is fully customizable to fit your organization's specific needs. Analyze thousands of schedules simultaneously to support predictive, proactive, and reactive modeling. Perfectly tailored for diverse industries and employee groups, this powerful tool offers comprehensive reporting and advanced data analytics to keep your workforce safe and efficient.



SAFTE-FAST CONSOLE ONLINE

Reduce IT dependency and elevate security with powerful AWS hosting services. SFC Online enhances your business operations with unparalleled flexibility, robust security, and seamless collaboration, making it an essential tool for modern enterprises.

As the ultimate fatigue analysis solution, SFC Online is fully customizable to fit your organization's specific needs. Analyze thousands of schedules simultaneously to support predictive, proactive, and reactive modeling. Perfectly tailored for diverse industries and employee groups, this powerful tool offers comprehensive reporting and advanced data analytics to keep your workforce safe and efficient.



REAL TIME API SOLUTION

Real Time is an API solution integrating validated SAFTE-FAST metrics into scheduling systems, enabling instant fatigue analysis for crew scheduling.



CONSULTING FATIGUE MANAGEMENT EXPERTISE

Our expert team offers comprehensive fatigue risk management tools and services to help your organization implement effective policies and guidelines.

Fatigue Risk Management Solutions

www.saftefast.com
info@saftefast.com

The Science of Performance at Work

The Fatigue Problem

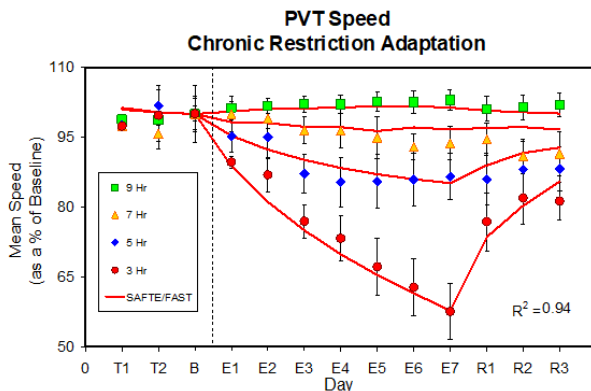
Most people underestimate how fatigued they are and how impaired they are by fatigue. Factors that impact our state of fatigue stem from our work schedule (shift length and start and end times), time of day (night shifts) and Sleep Debt.

Fatigue Factors in SAFTE-FAST include:

- Time of Day
- Sleep in the past 24-hours
- Continuous Hours Awake
- Cumulative Sleep Debt
- Phase

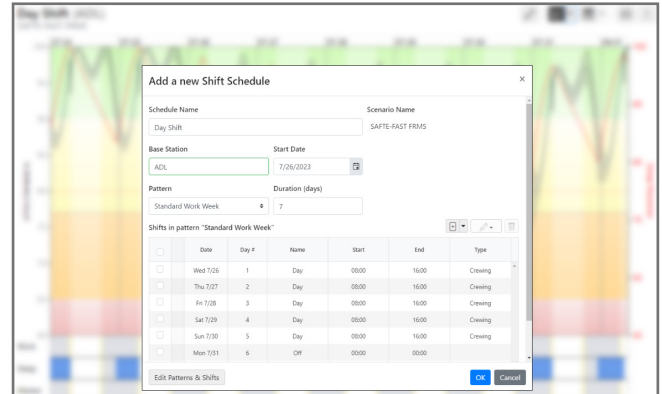
All factors interact simultaneously in non-linear relationships. SAFTE-FAST simulates physiology and estimates the level of degradation in performance providing an estimate of operational fatigue risk.

Chronic Restriction Adaptation Comparison



The chart above compares actual PVT results against SAFTE-FAST predictions during sleep restrictions and the subsequent recovery period. The results demonstrate that SAFTE-FAST incorporates the long-term homeostatic sleep process and slow recovery from prolonged sleep restriction. - *Patterns of performance degradation and restoration during sleep restriction and subsequent recovery: a sleep dose-response study. Journal of Sleep Research, 12, 1-12.*

Shift Rotation Modeling



Add a new Shift Schedule

Schedule Name: Day Shift Scenario Name: SAFTE-FAST FRMS

Base Station: ADL Start Date: 7/26/2023

Pattern: Standard Work Week Duration (days): 7

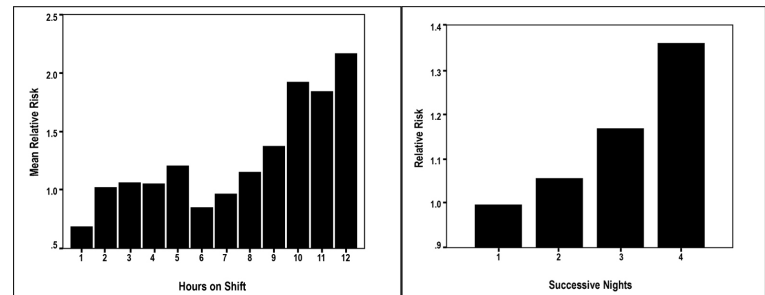
Shifts in pattern "Standard Work Week"

Date	Day #	Name	Start	End	Type
Wed 7/26	1	Day	08:00	16:00	Crewing
Thu 7/27	2	Day	08:00	16:00	Crewing
Fri 7/28	3	Day	08:00	16:00	Crewing
Sat 7/29	4	Day	08:00	16:00	Crewing
Sun 7/30	5	Day	08:00	16:00	Crewing
Mon 7/31	6	Off	08:00	08:00	

Buttons: Edit Pattern & Shifts, OK, Cancel

SAFTE-FAST's easy-to-use Shift Pattern Builder quickly models shift work rotations for fatigue analysis. Critical times during shifts are configurable and included in dozens of critical KPI and SPI metrics. Create custom workload rules which can be incorporated with the NASA Task Load Index (TLX) scale to assess the impact of workload against performance levels.

Risk of Accident on Shift



The risk of an accident increases significantly when shifts are longer than 9 hours. A 12-hour shift has more than double the risk of an 8-hour shift. Risk of incident or accident also increases when schedules have successive night shifts. Specifically, fatigue related impairment increases between midnight and 6am, with sleepiness being greatest through the Window of Circadian Low (WOCL) from 2am to 6am. - *Shift work, safety and productivity. Occupational Medicine (Oxford). 53(2):95-101. Folkard S. Tucker P. (2003)*

