Evidence-Based Guidelines for Fatigue Risk Management in EMS

Editorials: The Need for Fatigue Risk Management

- Fatigue Risk Management in High-Risk Environments: A Call To Action
- Evidence-Based Guidelines for Fatigue Risk Management in EMS: A Step in the Right Direction Toward Better Sleep Health
- Absence and need for fatigue risk management in EMS

Methodology

- Systematic Review Methodology for the Fatigue in EMS Project

Systematic Reviews

1. Measuring Fatigue
   - Reliability and validity of survey instruments to measure work-related fatigue in the EMS setting: A systematic review
2. Shift Duration
   - Shorter versus longer shift duration to mitigate fatigue and fatigue related risks in EMS: A systematic review
3. Caffeine
   - Systematic review and meta-analysis of the effects of caffeine in fatigued shift workers: Implications for EMS personnel
4. Napping
   - Effects of napping during shift work on sleepiness and performance in EMS personnel and similar shift workers: A systematic review and meta-analysis
5. Fatigue Training
   - Effect of fatigue training on safety, fatigue, and sleep in EMS personnel and other shift workers: A systematic review and meta-analysis
6. Biomathematical Models
   - Does implementation of biomathematical models mitigate fatigue and fatigue related risks in EMS operations? A systematic review
7. Task Load Interventions
   - Effect of task load interventions on fatigue in EMS personnel and other shift workers: A systematic review

Main Guideline

- Evidence-based guidelines for fatigue risk management in EMS

Implementation & Performance Measures

- Proposed performance measures and strategies for implementation of the fatigue risk management guidelines for EMS

Editorials: Next Steps

- Evidence-Based Guidelines for Fatigue Risk Management in EMS: A significant step forward and a model for other high-risk industries
- What an evidence-based guideline for fatigue risk management means for us: Statements from stakeholders