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Fatigue Management

Peace of Mind... in your piece of the world

An exclusive program focused on your Top Management...

Fatigue Management Programs...the most comprehensive, detailed and effective we've ever seen - Russ Hagen, CEO Chestnut Health Systems

Chestnut Global Partners' (CGP) expertise in behavioral health, in combination with fatigue management programming developed by BSS Corporate Psychology Services, means CGP can build or enhance a culture of safety and health within your organization using a wide range of behavioral solutions.

Fatigue of your top management leaders is a complex issue and has a significant share of impact on the leadership of the firm in the market place. It not only has a direct impact on the business top line and people but also is known to have a very positive effect on the firms' leadership.

Experts have identified poor quality and quantity of sleep as a global epidemic that is linked not only to an increased risk for workplace accidents and errors, but also as a contributing factor in diabetes, heart disease, and depression. Technology based alerting devices and medical interventions alone do not adequately address the root cause of fatigue. This program does.

CGP's Comprehensive Fatigue Management Training Program will train your top leadership in understanding:

- ✎ The impact of fatigue and inadequate sleep on health, safety, and work performance
- ✎ Individual, occupational, and environmental causes of fatigue
- ✎ Circadian rhythms, sleep cycles and their role in promoting alertness
- ✎ Managing fatigue, travel, and jetlag
- ✎ Improving your sleep --- getting to sleep and staying asleep
- ✎ Foods that promote alertness and sleep
- ✎ Alcohol, caffeine, drugs and fatigue



CGP's Comprehensive Fatigue Management Services also include:

- ✎ Employee Training at other levels.
- ✎ Supervisor Training on Managing Employee Fatigue and Shift work
- ✎ Fitness for Duty Evaluations
- ✎ Wellness Coaching
- ✎ Consultative Organizational Fatigue Reviews
- ✎ Roster and Work Schedule Consultations

For further details on how CGP signature products can help your organization, please contact:

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