

# Pulsar Fatigue Risk Management Systems

for the Aviation Industry

Pulsar informatics offers a set of tools that allow your organization to build a robust fatigue risk management system. Our suite includes fatigue education tools and materials, scheduling optimization software, and personal fatigue mitigation software. Our patented state-of-the-art technologies for assessing behavioral alertness and mitigating fatigue have been demonstrated in aviation operations. Our technologies have been selected to support NASA space exploration missions and high operational tempo Navy operations.

## Pulsar Fatigue Education Program

The Pulsar Fatigue Education Program instructs managers and individual team members on how to actively monitor fatigue and mitigate risky situations. After completing our education program, individuals will be able to take practical steps to actively and continually reduce their fatigue-related risk.

Program incorporates:

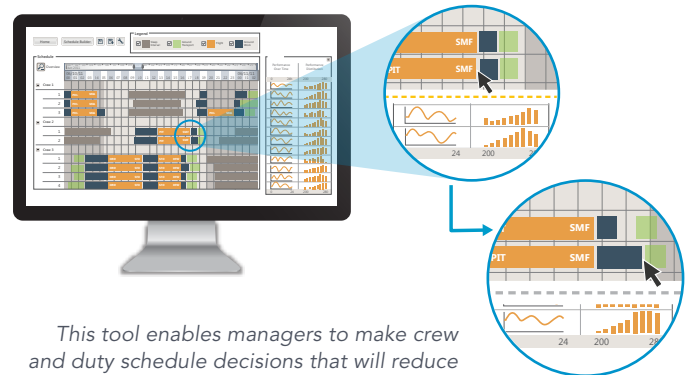
- in-person or web-conference training sessions
- web-based personal fatigue mitigation applications
- printed materials
- sleep tracker diary or actigraphy watch
- PVT software



## Pulsar Fatigue-Optimization Scheduling Tool

This is an industry specific duty shift analysis tool that allows aviation schedulers and managers to:

- easily evaluate and mitigate fatigue when building flight and maintenance crew work schedules
- compare complex real-world crew schedules and make fatigue-informed operational decisions
- identify individuals and crews who are potentially more at risk for fatigue



*This tool enables managers to make crew and duty schedule decisions that will reduce fatigue, improve safety, and save money*

## Individualized Fatigue Meter

A personal fatigue management tool that provides crew members with feedback about their behavioral alertness and fatigue mitigation strategies relative to their duty schedules.

The tool allows individuals to:

- track their work and sleep schedules and their corresponding predicted fatigue levels
- receive fatigue countermeasure strategy recommendations
- upload their actigraphy and PVT data to achieve an individually tailored fatigue coach that accounts for individual-specific response to common fatigue stressors (e.g., extended duty hours, night work, chronic sleep restriction, jet lag)



*Interactive tool enables individuals to see how the timing and duration of their sleep affects their on-the-job fatigue level*