

**In-Scope Solutions**  
South: 403-874-8271  
North: 780-674-2223  
Susan@In-Scope.ca  
www.In-Scope.ca



**Susan Sawatzky**  
Fatigue Management Consultant



**Testimonials**

*Susan, you received the highest score from the delegate evaluation at our OHS Conference, I would be happy to invite you again to any of our future conferences!*

Halim Lee  
Manager, Conference Development

*Thank you for making time to come and share with us your professional insight about fatigue management. We found your session insightful and since your session I have personally recommended your session to other clients!*

Dan Trotter  
CSSE Chair, Red Deer

*After hearing about Susan from a colleague, I contacted her to do a presentation. She tailored the presentation specifically to our organization (including our staff pictures, positions, and culture).*

*I just wanted to share how happy we were working with Susan. She is a true professional, and very appropriately used humor, video, and facts, connecting to both public works and administration staff – which is not always easy!! She is very engaged and passionate about meeting our specific needs. As part of her proposal, she also provided me with additional resources for use at future safety meetings throughout the year!*

*I had feedback from many staff afterwards who said they really enjoyed the presentation and learned something from it, not only in relation to work safety, but also personal and family health. I have already recommended her to my fellow safety officers, and I would highly recommend Susan's presentation to anyone. Her knowledge in the subject of Fatigue Management and her ability to connect with the audience made for a great meeting!*

Jenny Bruns  
Safety Officer  
County of Barrhead

**Fatigue Health and Safety**

**Fatigue is four times more likely to contribute to workplace impairment than drugs or alcohol.** Fatigue is also considered a key causal factor in 20% of all vehicle fatalities. Yet this prevalent health and safety risk is still largely under-recognized by the majority of organizations and industries. These sessions create awareness of the H&S issues of fatigue and of the numerous best practices available to manage both personal and organizational fatigue hazards in the workplace.

**Susan Sawatzky, owner of In-Scope Solutions, speaks nationally on the topic of fatigue safety in the workplace and sleep health & wellness.** She strives to engage her audiences in better understanding the science and the modern realities of fatigue. She is a Fatigue Management Specialist with multiple high profile industry clients and an instructor with the University of Calgary and the University of New Brunswick instructing Fatigue Management and Psychological Health and Safety. Susan recently drafted fatigue based legislation currently being proposed for Alberta OHS Legislation and has also been influential in developing fatigue policy for the Canadian Oil and Gas Industry.

**Keynotes, LnL's and Workshops**

**Fatigue Legislation - Are You Ready?**

**Fatigue legislation has been proposed for the Alberta Occupational Health and Safety Code.** If implemented, companies will need to understand how fatigue can be a health and safety issue, be aware of how to assess fatigue risks, and most importantly, understand how to properly mitigate existing fatigue risks. This session empowers organizations to understand the science behind fatigue, to assess fatigue risks in their own organizations, and to implement the current best practices used to effectively manage fatigue.

**Waking Up to Fatigue Factors in the Workplace**

**Sleep is one of our basic biological needs, yet it is often the one we know the least about.** Fatigued workers can be a significant occupational safety hazard but Fatigue Management Competency Training can help to improve ones ability to manage fatigue. This session empowers both organizations and individuals to understand the science behind fatigue, how fatigue impacts a workplace, and the current best practices used to effectively manage it.

**Shift Work: How Not to Be the Walking Zombie**

**Shift workers understand fatigue is part of their daily lives.** This presentation is designed to enable people who work long hours, including shift workers, to understand how fatigue can impact their safety and their health. To recognize the multiple strategies that can be used to help reduce fatigue, and to feel empowered to be able to implement these strategies into their daily lives to effectively manage their fatigue.

**How to Sleep Your Way to Success**

**Want to lose weight, reduce stress, increase happiness and health?** There is one simple solution - get more sleep! Sleep is integral to our health and wellness, but is often something we know relatively little about. This session will dispel common myths about sleep, tell you things you never knew, and empower you to use sleep to reduce stress, improve your health and improve your life.