

# 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](#)