

We Need Your Stories!

What?

- We are creating education and training modules that focus on fatigue and sleep health in EMS.
- We do not want these modules to be boring or bland.
- Our strategy is to complement important information and data with video recordings of EMTs and paramedics sharing their thoughts and perceptions of fatigue, sleep health, and on strategies to improve both.
- Do you want to share your thoughts?

How?

- Email us if you are interested (pdp3@pitt.edu)
- Sign a standard release form and get permission from your employer so you can wear your uniform during the recording.
- We will email you instructions and a set of questions to answer while being recorded.
- You can easily use your smartphone video recorder or your computer's video recording technology.
- Email us the files and we will edit for production.
- Its that simple!



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When?

- We will start taking recordings in July 2018 and stop December of 2018.

Topics Covered?

- Hazards of fatigue
- Sleep physiology
- Sleep health
- Chronic fatigue
- Sleep disorders
- Fatigue recognition
- Adequate sleep
- Diet and exercise
- Alertness strategies
- Fatigue managed, but not eliminated

Interested?

- Email us if you are interested (pdp3@pitt.edu)
- We have a release form that needs your signature (available from pdp3@pitt.edu)
- You will also need approval from your employer so you can wear your uniform during the recording.

