

ShiftReady Leader Introduction Guide

When to Use This

The eight videos are approximately **2 minutes each**, so they can easily be shared during:

- Toolbox talks and pre-starts
- Shift handovers or team meetings
- Inductions and onboarding
- Safety or wellbeing campaigns
- Individual or self-paced learning

Suggested Leader Script

- We have got a new resource called ShiftReady, developed with the Sleep Health Foundation. It's a series of short videos about sleep, fatigue and working shifts.
- They cover practical things you can do to improve your sleep and stay alert, as well as information about common sleep problems.
- They're only around two minutes each, so take a look when you have a chance.
- You can access the ShiftReady series through EMLearning or the EML website. Simply scan the QR code or follow the link provided.

Key Messages to Reinforce

- Sleep is essential for safety, health and performance.
- Fatigue can affect alertness, concentration and decision-making.
- Small changes to sleep habits can make a big difference.
- Support is available for common sleep issues and disorders.
- ShiftReady provides practical, evidence-based advice that can be applied straight away.

How to Access ShiftReady

- Visit EMLearning and search for ShiftReady video series.
- Access the videos via the EML Resources section on the EML website.
- Scan the QR code provided in the ShiftReady flyer or promotional materials.

You'll find the full ShiftReady video series on EMLearning and the EML website. Simply search for ShiftReady or scan the QR code to get started.

Better sleep supports safer shifts. We encourage you to explore ShiftReady and make the most of these practical resources.