

ShiftReady Conversation Starters

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

Most of us know what it feels like to come to work tired. What we don't always realise is how much sleep affects our mood, concentration, decision-making and long-term health.

EML and the Sleep Health Foundation have developed a short video series called **ShiftReady** which provides practical advice specifically for shift workers. Each video is only a couple of minutes long so I would encourage everyone to take a look when you get the opportunity.

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

- 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