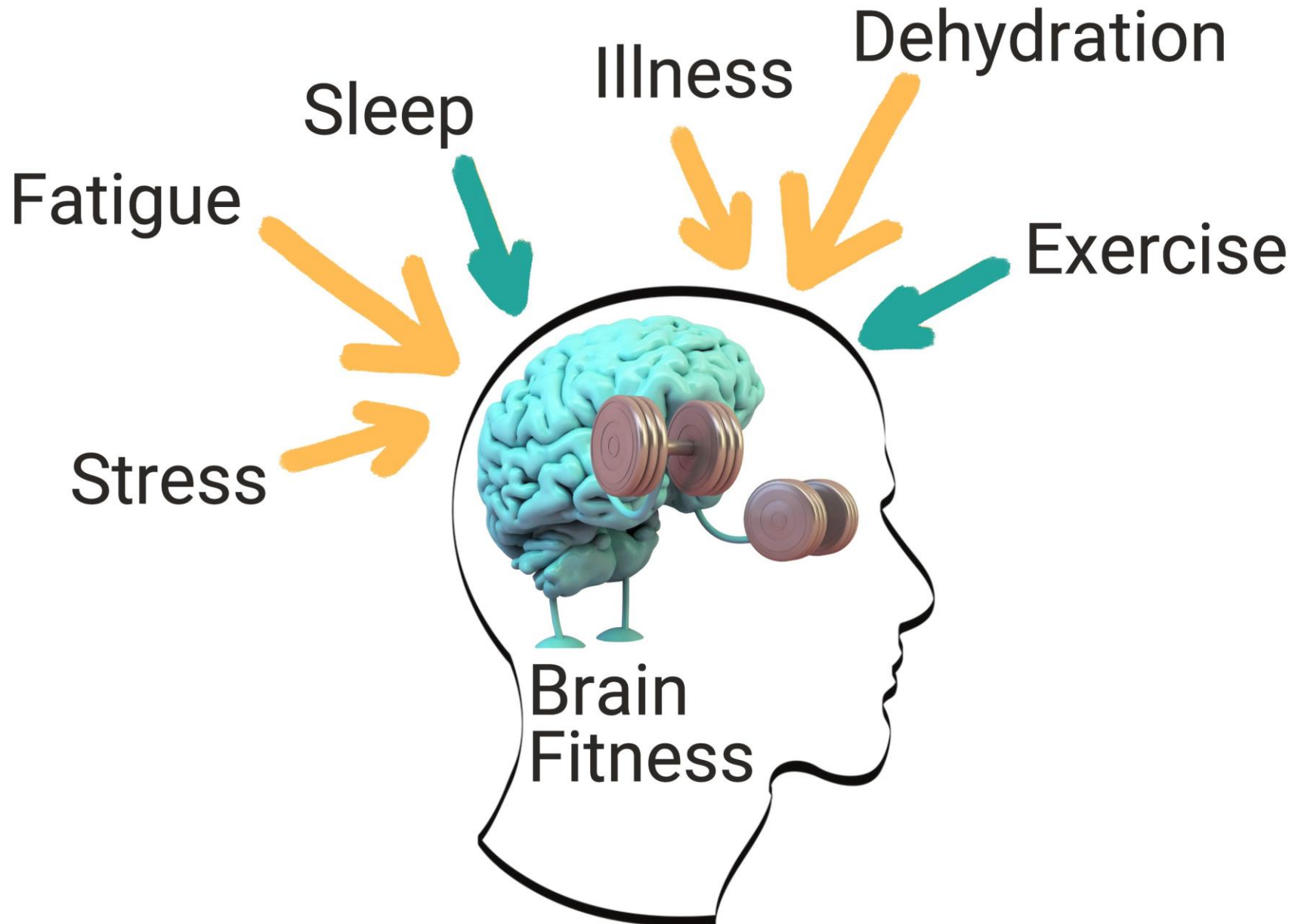


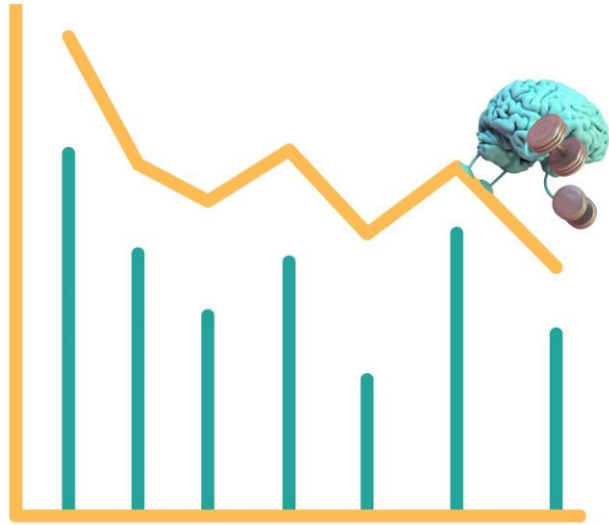
**Making the invisible visible:**  
a data-driven approach to  
combating stress and fatigue.

Helping workers, leaders and  
teams function at their best.

# ▶ The link: fatigue, stress & brain fitness



# The link: brain fitness to incidents



Lower brain fitness



Increased near misses, accidents and errors

# Self-aware = self managed



## Brain Fitness Levels



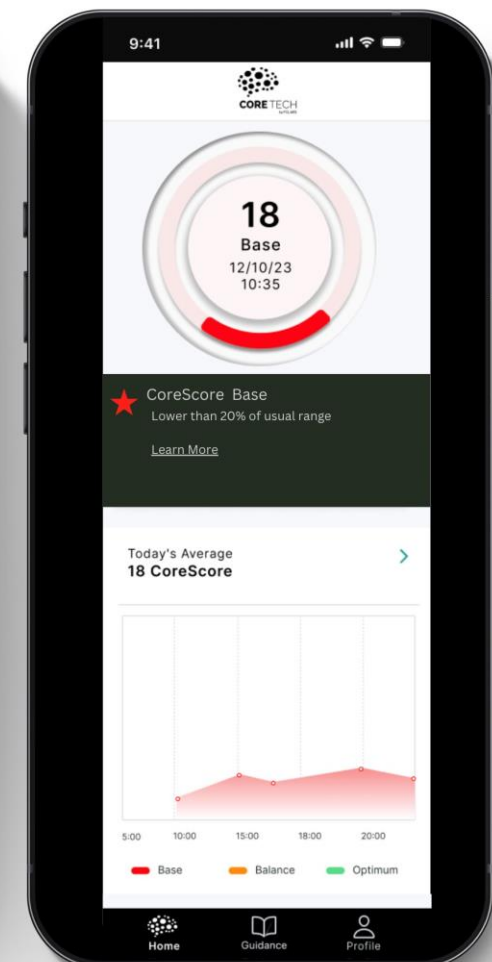
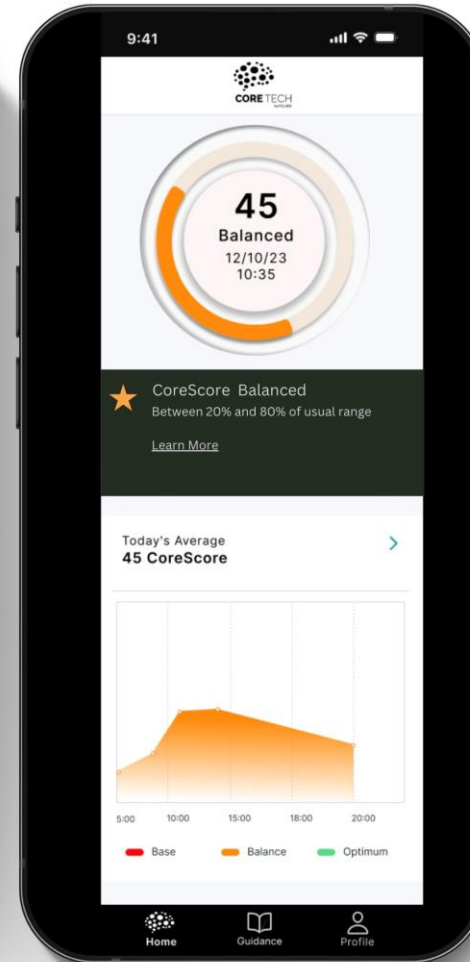
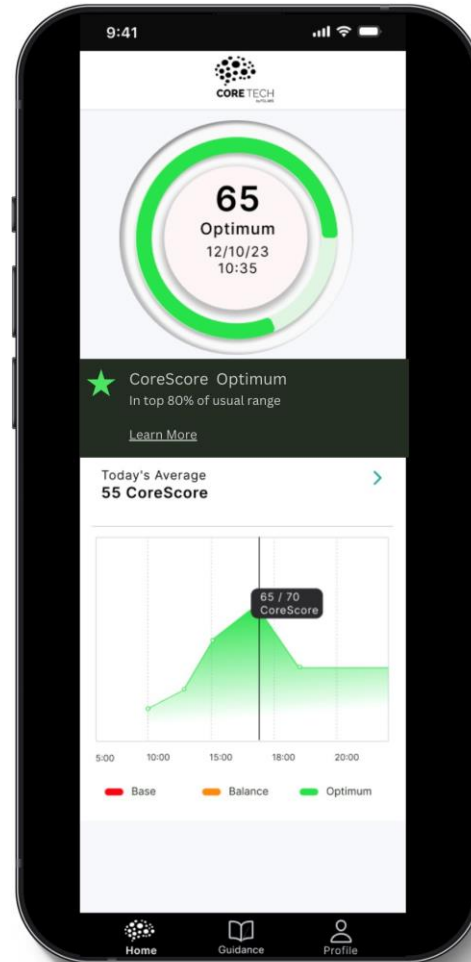
**Optimum**  
(Excellent)



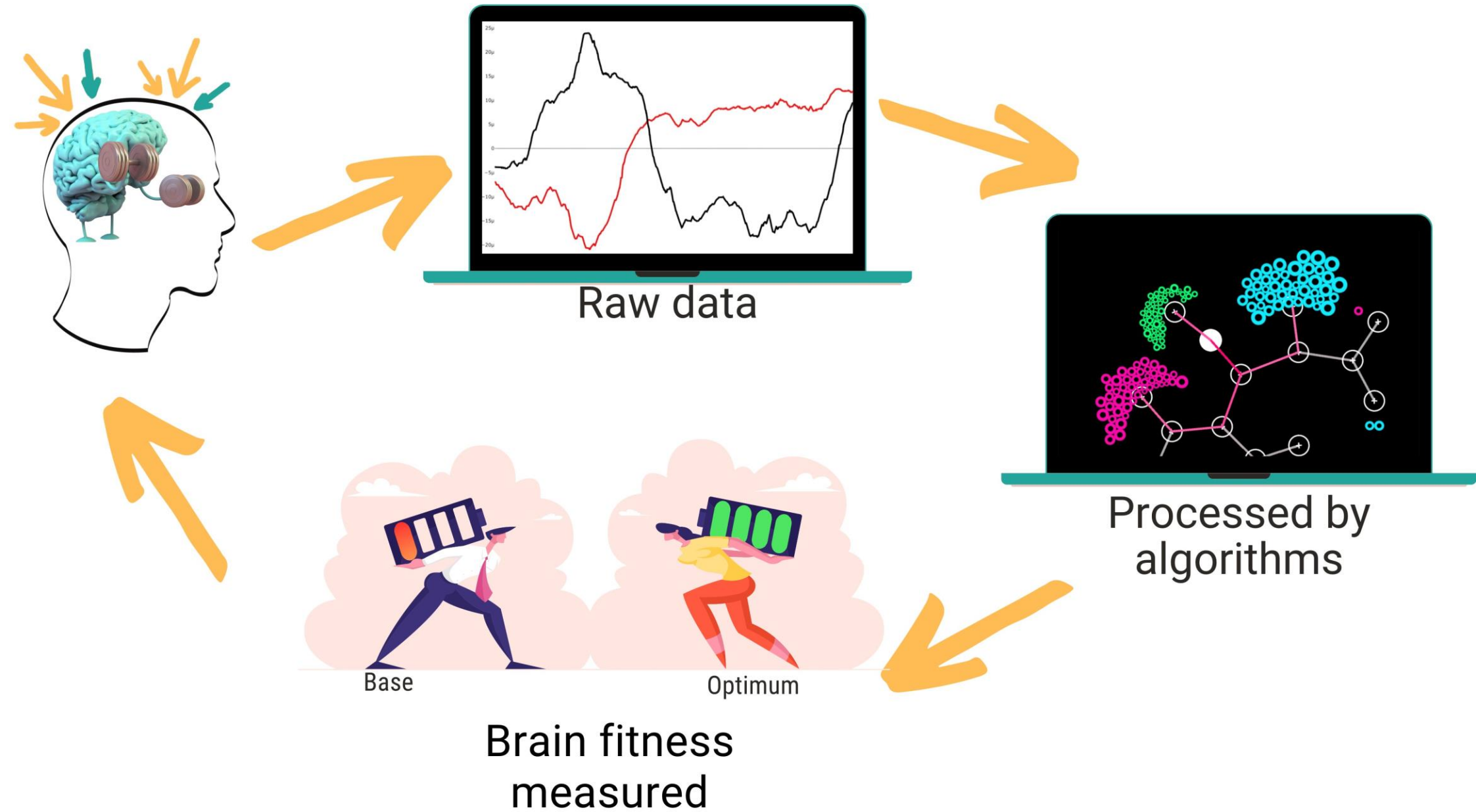
**Balanced**  
(Acceptable)



**Base**  
(Risk Zone)



# Measuring Brain Fitness





# Wearables



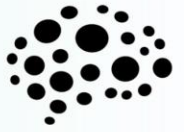
Head-worn



Wrist-worn

[Intrinsically-Safe option too!]

# Industry trials so far



**Construction &  
Civil Engineering**



**Drilling & Well  
Control Simulators**

“This tool stops the guesswork”



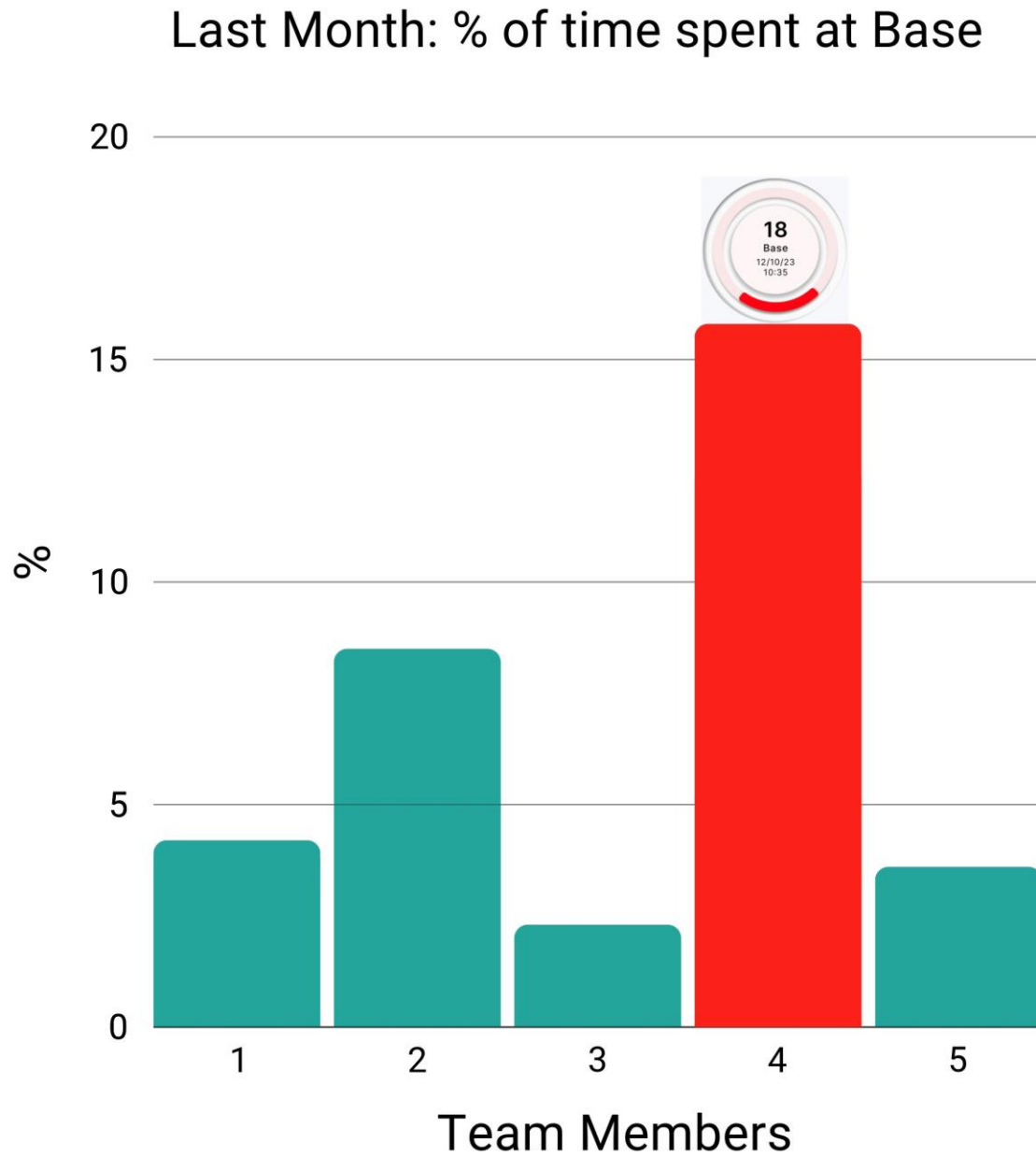
**Events Catering**

“He was my best mate but I  
didn't know what was going on”



**Office Environments**

# Proactive employee support



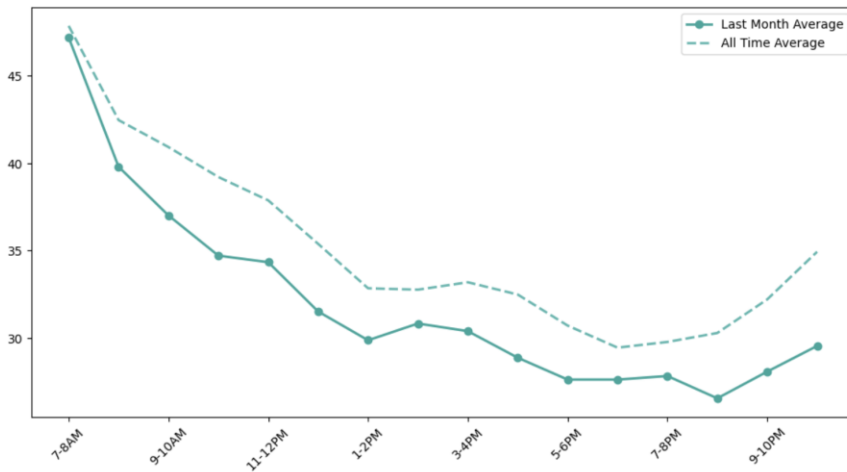


# Data-driven decision making



## Comparing month-to-month

Average brain fitness : time of day



## Comparing week-to-week

Average brain fitness each day and % difference to a usual day

32 -7%	33 -2%		30 -10%	32 -6%		38 10%
35 2%	38 12%	34 0%	32 -5%	33 -3%	32 -7%	35 1%
34 1%	38 13%			33 -2%	35 2%	33 -4%
39 12%		36 4%	34 1%	37 8%	41 22%	
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

- Cumulative effects
- Incident investigations
- Start versus end of trip
- Safety control assurance
- Optimum shift patterns



# FCLABS

## Making the invisible visible

Join the step change to a better future  
where we all function at our best

Thank you

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