



Leaders Invitation–Fatigue, Recovery & R&R

Incident Employee Health, Wellbeing

What is the topic?

Employees are provided with paid R&R days to recover from the arduous nature of the work. Their choices during that paid time should contribute to recovery. Taking the time as a leader to explore expectations for recovery on days off can result in furthering employees understanding of what's expected and highlights the need for them to make healthy choices.

What to Talk about at the Morning Briefing

During the morning briefing, a leader/team member such as the AA/IC/Safety/MEDL/HRSP could deliver these remarks introducing the topic and resource for the theme of the day(or couple of days). The leader should not read this, but understand and deliver the intent and invitation to materials in IAP or on info board poster.

The example below is the type of statements that can be provided.

There are a lot of folks demobing right now. People are heading back home after working very hard on this incident. For those entering some days of paid R&R please take time to reflect on why this time is available, why it is paid, and how you are expected to invest in your own recovery in that time. Healthy choices around sleep, physical rest, diet, and hydration are extremely important. As we invest in you through paid R&R days, I hope you also invest in yourself and make healthy recovery choices.

Resources (you can familiarize yourself with the resource)

Follow this QR code to learn more and for further exploration of the topic.

