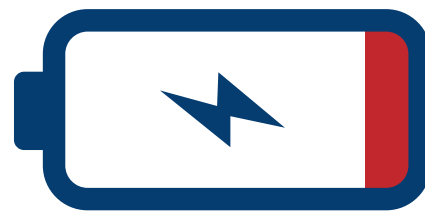# How to Choose the Right Fatigue Detection Technology for Your Workplace

Fatigue can reduce focus, slow reaction time, and impair decision-making skills. Since fatigue has many sources, it can be hard to detect on job sites. Employers can consider the factors below when selecting a fatigue detection technology as part of a comprehensive safety management approach.

PURPOSE
Think carefully about what new information the technology will provide compared to the data you already have.

SCIENCE
Ask the supplier to share testing results that show the technology accurately measures fatigue or a sign of fatigue (e.g., slow reaction time, eyelid droop).

RELIABILITY
Consider how reliable the technology is in different settings (e.g., wireless connectivity, extreme temperatures, humidity, lighting).

FEEDBACK
Find out how quickly the technology provides alerts and what cues (visual, audio, vibration) it uses. Sufficient feedback time and the right cues for the work setting can prevent close calls.

FIT
Determine if the technology works with your current systems (e.g., vehicle telematics). Systems that work together can make it easier to predict and detect fatigue risk.

USER EXPERIENCE
Find out if your workers will embrace using the technology. If a device is uncomfortable or bulky, or if there is a data or privacy concern, it may not be your best option.

For more detailed information about how to select a fatigue detection technology, visit: go.usa.gov/xtTZv

January 2022