

Safety Seminar

Sick and Tired: A Conversation about Stress and Fatigue

Mike Harnett will explore the unending loop between stress and fatigue. This session will address the relationship between these two as they battle for our attention, and how we can prevent ourselves from spiraling out of control.

In the era of pandemics across the world, riots in the streets and economic crisis, it's not unusual to feel like we're barely hanging on.

The unending loop between stress and fatigue is not an easy one to jump off. Learn how to take back your life and feel better than you have in years.

About the Speaker:

Mike Harnett is President of Solaris Fatigue Management, a consulting firm that specializes in optimizing worker health, safety and performance. With a background in human factors and sleep neurobiology, she is regarded as a subject matter expert on the science of fatigue and psychological health, and has been a consultant to private industry, safety associations, and various government agencies including the Canadian Standards Association, US Federal Rail Association, and NASA.

She helped to create the world's first standard on Psychological Health and Safety in the Workplace, and is very excited to be starting on another first-in-the-world standard addressing Fatigue Management for First Responders. An award-winning speaker, she is an internationally sought-after presenter and educator.

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