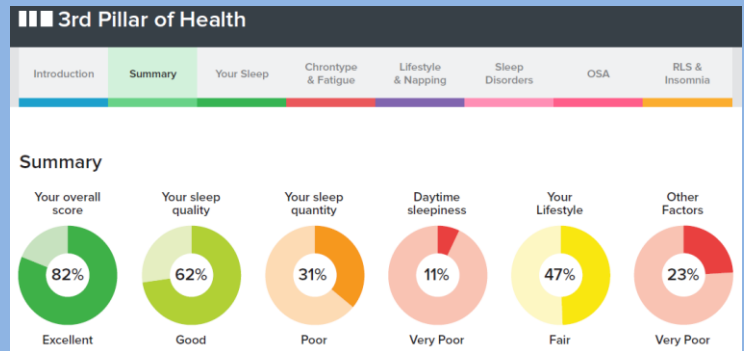


Fatigue assessment



- * **It's Free**
- * **It's Confidential**
- * **Immediate personalised report**
- * **Coming soon**
- * **Your participation is essential!**

We are offering all members a free, comprehensive and confidential fatigue assessment. Immediately on completion you will be able to download your own personalised report. We will provide you with information to help you make, often small, changes to improve your sleep and personal energy during the day. As a result you will be able to make a better contribution in your family life, work life and social life.

The assessment will be online and available on your computer, mobile and tablet allowing you to complete it at a convenient time that suits you. It will take roughly 10 minutes to complete.

No individual data will be shared with anyone in the force. We will use the composite data to benchmark against other forces and to make suggestions for "workable solutions" to address any recurring issues.

To join email cambridgeshire@polfed.org with the subject line "Fatigue assessment – Cambs" stating your first name, surname and job role. You will be sent an email with registration details to complete the assessment.