

▶ Rock & Roll All Night : Understanding and Managing Fatigue

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Rock & Roll All Night : Understanding and Managing Fatigue

This presentation discusses the impact of fatigue on workers in the touring music industry and provides strategies for managing and preventing fatigue. It also introduces the Job Demands-Resources (JD-R) model as a framework for identifying effective fatigue mitigation strategies.





Understanding Fatigue in the Touring Music Industry

- Fatigue is a common issue in the touring music industry due to long hours, travel, and irregular sleep patterns.
- Chronic fatigue can result in reduced cognitive function, decreased physical performance, increased risk of accidents and injuries, and negative impacts on mental health.



The Job Demands-Resources (JD-R) Model

JD-R model helps to explain the relationship between job demands, job resources, and worker well-being.

Job demands such as workload and time pressure can lead to stress and fatigue.

Job resources such as social support and feedback can help to buffer negative effects and promote worker well-being.

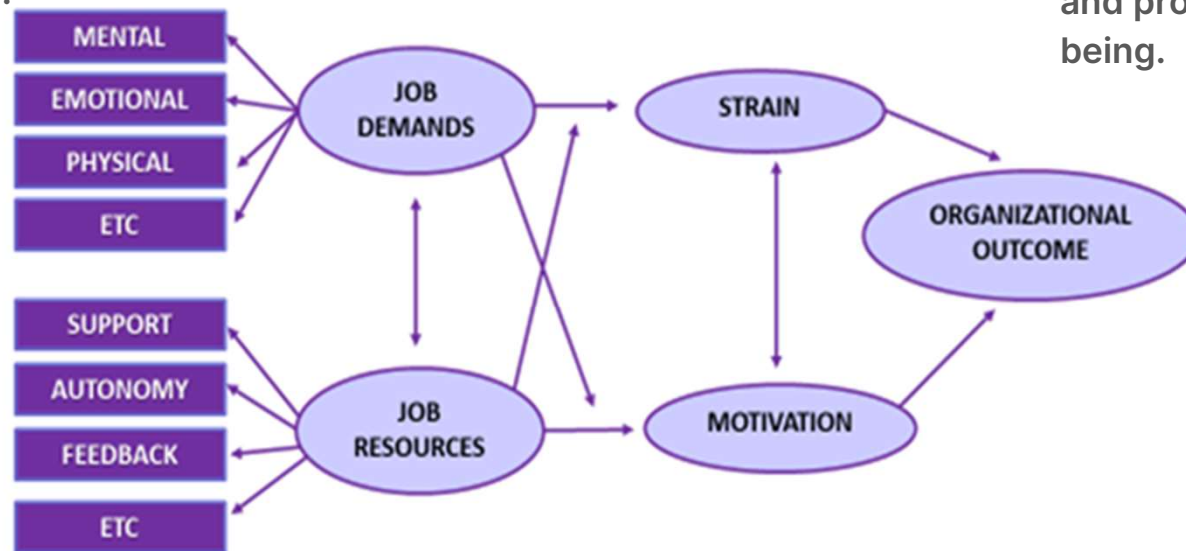


Diagram adapted from Bakker & Demerouti, 2007, p 313



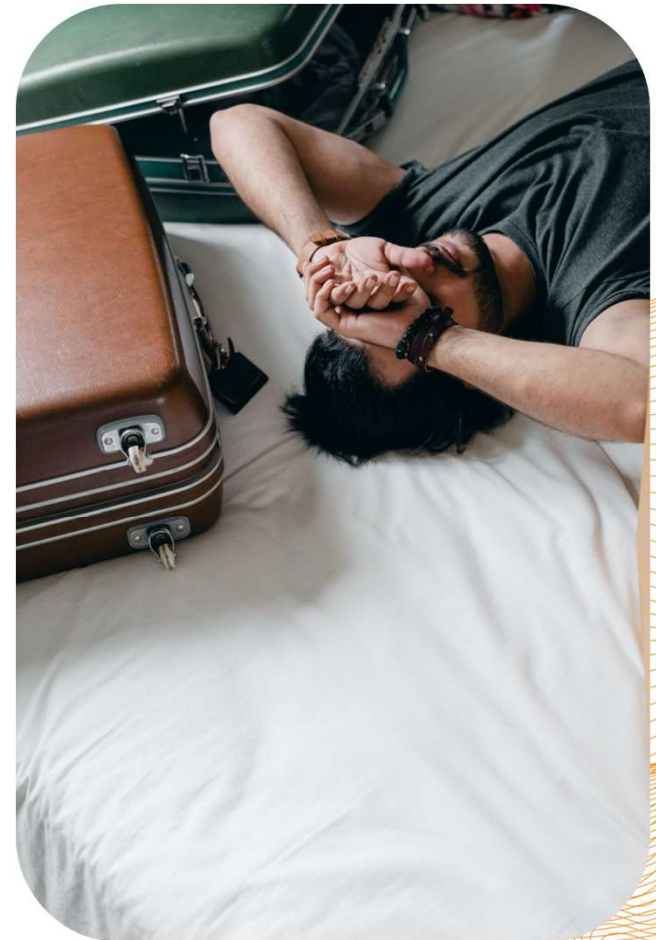


Strategies for Managing Fatigue

- Get enough rest by getting adequate sleep and taking short naps throughout the day.
- Stay hydrated by drinking enough water throughout the day.
- Eating a balanced diet that promotes energy levels.
- Regular exercise can improve physical fitness and energy levels, as well as reduce stress and improve sleep quality.
- Take short breaks throughout the day to rest and recharge.
- Practice relaxation techniques and make time for activities outside of work.

The ESA logo, consisting of the lowercase letters 'esa' in white on a red square background.

"Human Resources are finite" ~ Teresa Beardsley





Applying the JD-R Model to Mitigating Fatigue

- Strategies such as workload reduction, task delegation, and increased support can help to reduce the impact of job demands that contribute to fatigue.
- Interventions such as training, mentoring, or job redesign can be effective in providing workers with the resources they need to manage their workload and reduce the risk of fatigue.





“It takes Courage to say YES to rest and play in a culture where exhaustion is seen as a status symbol.”

~ Brene Brown

