

ARE YOU AN AUSTRALIAN PARAMEDIC WITH 2-15 YEARS' EXPERIENCE?



We are looking for volunteers to participate in a qualitative study exploring the lived experience of shift work, sleep loss, and fatigue in Australian paramedics

Participation will involve:

- One 60–90 minute semi-structured interview with a researcher
- Answering questions about your experience with shift work, fatigue, and stressful events
- A \$50 gift card to recognise your time

This study will fill a much needed-gap in understanding the way shift work, sleep, and fatigue impact job function, mental health, and wellbeing in young paramedics. Findings will be used to develop shift work, sleep education, and support toolkits for Australian paramedics



Please email sian.wanstall@flinders.edu.au for more information, or scan the QR code

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Adelaide Institute *for* **Sleep Health**

This project has been approved by Flinders University's Human Research Ethics Committee (Project ID 4668)