**Summary of General Risk Mitigation Strategies:**

**Pre-Call:**

1. Complete self-assessment
2. Use time outside of work to obtain adequate rest and ensure fitness to work
3. Report to clinical supervisor or program director when at risk for making fatigue-related errors

**On-Call:**

1. Eat healthy snacks and ensure adequate hydration
2. Take breaks/naps as workflow allows
3. Write clear and detailed orders to avoid follow-up pages
4. Appropriate use of caffeine to help alertness and wakefulness
5. Stretch or do 10 minutes of light activity

**Post-Call:**

1. Rest in call room if required prior to going home
2. Plan ahead for getting home safely
3. Prioritize rest and ensure good sleep hygiene post-call