

FIFO & DIDO Wellbeing Tip Sheet

Looking After Yourself When Work Takes You Away From Home

Fly-In Fly-Out (FIFO) and Drive-In Drive-Out (DIDO) work is common across Australia's mining, construction, resources, energy, infrastructure, and remote project sectors. These roles can offer strong career and financial opportunities, but they can also involve long travel distances, extended shifts, harsh environments, roster changes, fatigue, and long periods away from family, culture, community, pets, and home routines.

For some workers, getting to site may involve early starts, long drives, multiple flights, regional transfers, camp accommodation, or travel across time zones. This means the impact of work is not only the shift itself, but the total load of travel, recovery, separation, and readjustment.

1. TREAT TRAVEL AS PART OF THE FATIGUE LOAD

Long-distance travel can be tiring before the rostered work even begins. Driving several hours, flying interstate, waiting at airports, or travelling on unsealed or remote roads can all add to fatigue.

Plan rest before and after travel where possible. Avoid driving long distances when sleep-deprived. Take breaks, hydrate, eat properly, and be honest with yourself if you are too tired to drive safely. For DIDO workers, the drive home after a shift can be one of the highest-risk periods for fatigue.

2. PROTECT YOUR SLEEP

Sleep can be disrupted by shift work, heat, noise, shared accommodation, roster changes, and switching between day and night shifts.

Use sleep as a safety strategy: keep your room cool and dark, use earplugs or an eye mask, limit caffeine late in the shift, and avoid relying on alcohol to sleep. When returning home, give

your body time to reset rather than expecting to immediately "slot back in."

3. PREPARE FOR THE EMOTIONAL SHIFT BETWEEN SITE AND HOME

Many FIFO and DIDO workers describe living in two worlds: site life and home life. Moving between the two can be emotionally difficult.

Before returning home, talk with your partner or family about expectations. You may need rest, while they may need connection, help, or emotional presence. Try to reconnect first before tackling major decisions, conflict, or household issues.

4. STAY CONNECTED ACROSS DISTANCE

Being away from home can affect partners, children, friendships, and community connection.

Schedule regular calls or video chats around realistic times. Share your roster early. Keep involved in family life where possible, such as school events, birthdays, appointments, or routines. Small, predictable contact often matters more than long conversations.

5. LOOK AFTER YOUR BODY IN REMOTE CONDITIONS

Australian FIFO and DIDO work can involve heat, dust, dehydration and physically demanding shifts.

Drink water regularly, eat as consistently as possible, move your body, and monitor alcohol, energy drink, and nicotine use. Small habits across multiple shifts can have a major impact on long-term wellbeing.



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6. WATCH FOR EARLY WARNING SIGNS

Stress and fatigue can build gradually.

Common signs include irritability, poor sleep, withdrawing from others, increased alcohol use, conflict at home or work, emotional numbness, low motivation, or feeling like you are only coping rather than living.

Seeking support early can stop stress becoming chronic and harder to manage.

7. LOOK OUT FOR YOUR MATES

Remote crews often notice changes before anyone else does.

Check in if someone seems withdrawn, unusually angry, exhausted, reckless, or not themselves. A simple “You don’t seem quite right lately — how are you going?” can open the door.

You do not need to fix the problem. Listening and encouraging support can make a real difference.

8. MAKE TIME OFF GENUINE RECOVERY

Time off can quickly become full of chores, family responsibilities, appointments, and catching up on everything missed while away.

Try to plan a balance of rest, connection, practical tasks, and enjoyable activities. Recovery is not laziness — it is part of staying well enough to keep working safely.

9. USE SUPPORT BEFORE CRISIS POINT

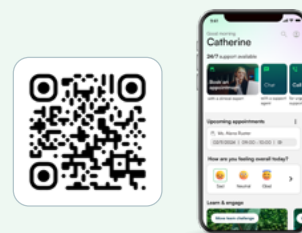
Many workers in mining, construction, and remote industries are used to pushing through. However, support is most effective when accessed early.

Consider using your EAP, GP, peer support, or trusted support person if you are struggling with sleep, stress, relationships, grief, anger, anxiety, low mood, substance use, or burnout.

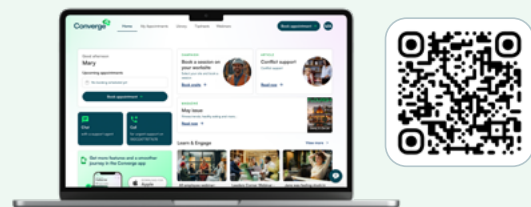
Looking after your wellbeing is an important part of working safely and sustainably in FIFO and DIDO roles. If you are experiencing stress, fatigue, relationship challenges, anxiety, low mood, burnout, or simply need someone to talk to, support is available through **Converge, your Employee Assistance Program (EAP)**.

Converge offers confidential counselling, wellbeing resources, coaching, and support services for employees and their immediate family members. Reaching out early can help prevent small challenges from becoming bigger issues.

For convenient access to support anytime, anywhere, download the **Converge App**:



You can also visit your **Employee Portal**:



The app and the portal provide access to wellbeing resources, self-help tools, and allow you to easily book appointments with a qualified professional wherever you are, whether on site, travelling, or at home.

Remember: asking for support is a sign of strength, not weakness. Taking action early can make a real difference to your health, safety, relationships, and overall wellbeing.



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