

To Whom it may concern,

My name is John Toomey and the draft code for Fatigue Risk Management at Work has come across my desk at the 11th hour, so I thought best to email you directly.

I am an Exercise Physiologist and Educator who has delivered hundreds of seminars across Australia, New Zealand and American industry on Fatigue Prevention. I had a scan read through your document, which I commend you for, and then did some searches and was a little dismayed to see some significant items missing completely.

1. Hydration: When even mildly dehydrated, blood volume drops and blood thickens slightly which leads to a reduction in circulatory efficiency. This leads to poor blood flow to the brain, resulting in poor Oxygen delivery. The first side effect is yawning and the second is sleepiness. This is the primary cause of yawning in the mid morning and feeling sleepy during the afternoon. These often appear before thirst. I have brought relief to tens of thousands of workers over 15 years. Many write to me to thank me. Water is by far the most efficient way to hydrate and workers need to understand how much they need in relation to body weight and work conditions.
2. Sugar consumption is a significant problem. Blood sugar spikes followed by crashes can be catastrophic. I would always ban soft drinks on high risk sites.
3. Energy Drinks can also be catastrophic providing a high followed by a crash and potentially worsening the effects of dehydration.
4. Gut health is also significant. Poor gut health can lead to poor nutrition absorption and inflammation which can drain one's energy.
5. I would also like to explain better what happens to a person when they are at work but are in resistance to being there. Many workers find this incredibly helpful.

Perhaps it is too late, but if not, I'd like to offer to assist with making this document more whole and more helpful.

Sincerely

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