



# Fatigue Management

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April 2024

# Housekeeping



**Muster Point**



# Presenter & Introductions



**Safety begins with me!**





Why am I here?

**You are the KEY to SAFETY!**



# Fatigue

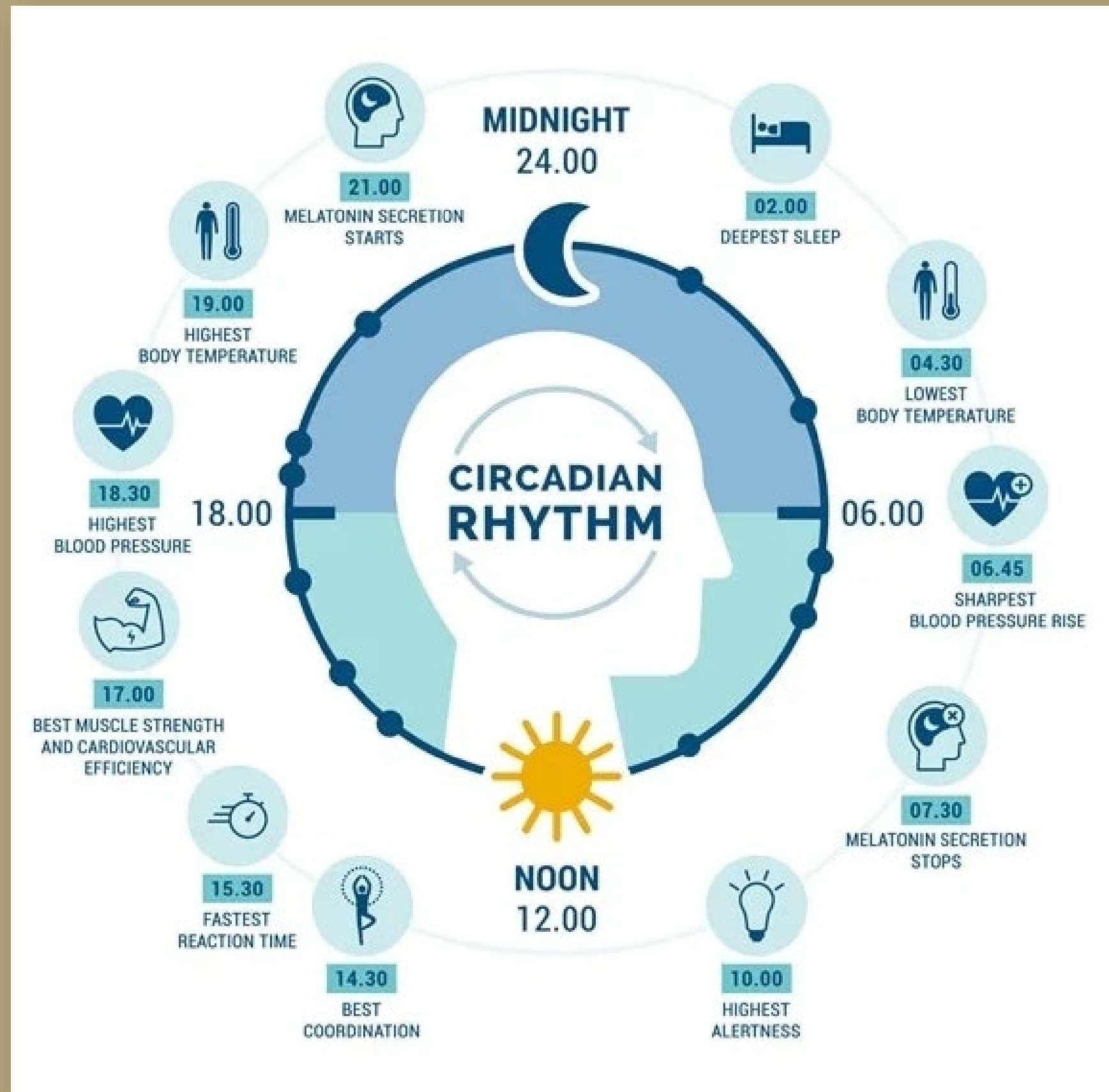
**Fatigue can be defined as “extreme tiredness resulting from mental or physical exertion or illness”.**



# Causes of Worker Fatigue



# Circadian Rhythm







# Healthy Sleep







# Improving Sleep Quality

- Try to get at least 7-9 hours of sleep
- Develop a bedtime routine of wind-down activities
- Take naps
- Create a comfortable sleep environment
- Be mindful of your caffeine, nicotine, and alcohol intake prior to bedtime
- Consider any food intake prior to bedtime
- Know if any of your medications cause stimulant effects
- Consider fluid intake prior to bedtime
- Exercise regularly



# Effects of Worker Fatigue

**“17 hours without sleep is as dangerous as having a blood alcohol content of 0.05% and 24 hours without sleep, as dangerous as having a blood alcohol content of 0.08%.” - Sleep Health Foundation**





# How Tired Are You?

		Never	Sometimes	Regularly	Often	Always
1	I am bothered by fatigue.	1	2	3	4	5
2	I get tired very quickly.	1	2	3	4	5
3	I don't do much during the day.	1	2	3	4	5
4	I have enough energy for everyday life.	5	4	3	2	1
5	Physically, I feel exhausted.	1	2	3	4	5
6	I have problems starting things.	1	2	3	4	5
7	I have problems thinking clearly.	1	2	3	4	5
8	I feel no desire to do anything.	1	2	3	4	5
9	Mentally, I feel exhausted.	1	2	3	4	5
10	When I am doing something, I can concentrate quite well.	5	4	3	2	1



# Reducing Worker Fatigue







# Let's Talk About Fatigue - Video



One Team

**QUESTIONS?**

