



FATIGUE MANAGEMENT



What is Workplace Fatigue?

Workplace safety fatigue management is a critical aspect of occupational health and safety, especially in industries that require long hours, shift work, or high levels of concentration and physical activity. Fatigue can significantly impact an employee's ability to perform their duties safely and efficiently, leading to increased risks of accidents, injuries, and even chronic health problems.



Physical Symptoms: Yawning, eye rubbing, and visible difficulty staying awake are clear indicators. Slowed reactions and clumsiness can also be signs of fatigue.



Cognitive Impairments: Difficulty concentrating, forgetfulness, and poor judgment are cognitive signs that an employee may be experiencing fatigue.



Emotional Changes: Increased irritability, moodiness, and lack of motivation can indicate that an employee is fatigued.



Social Indicators: Changes in social behavior, such as withdrawal from colleagues or decreased participation in work activities, can also be a sign.

Tips for Proper Sleep

- Sleep period is 7-9 hours daily without disruptions.
- Try to sleep at the same time every day.
- Avoid drinks with caffeine prior to bedtime
- Sleeping environment is cool, dark, and quiet.
- Exercise regularly.
- Eat a balanced diet.
- Maintain a healthy weight.

Workplace Considerations



Create a Fatigue Management Plan



Examine workload and staffing



Ensure schedules allow for rest breaks



Provide education and training on fatigue



Adjust lighting/temperature to increase alertness.

