Fatigue Avoidance

Fatigue is one of the leading causes of injury at the workplace and at home.

It's often tempting to list "needs to pay more attention" in the cause box on an injury report. If this is the case, consider that fatigue might be both more accurate and

Operating mobile equipment while fatigued can be fatal to you and others and is as dangerous as operating while impaired due to drugs and alcohol. Performing work duties while fatigued can lead to:

- Getting injured from equipment pinch-points, or being hit by mobile equipment from not paying attention to the work environment
- Poor understanding of operating instructions
- Erroneous readings of process controls and gages
- Poor response time to emergency incidents and near misses
- Short cuts or poor work performance; not enough energy to do the job correctly
- Inability to handle multiple tasks at the same time

Tips for Staying Alert

- Periodically rotate jobs – keep it fresh. Set up a job rotation schedule if the work is mundane and not stimulating.
- Limit the coffee and artificial stimulants; ingesting these stimulants throws off the body's natural ability to stay alert and focused.
- Eat a balanced diet and drink enough fluids to stay hydrated; ensure a fair balance of proteins, carbohydrates and vitamins.
- Sleep a minimum of 7 hours per day and strive for work/life balance; allow adequate time to re-charge for the next work day.
- Exercise; stretch the muscles each morning before starting work. This allows for better blood flow which supplies oxygen.
- Drink plenty of water, particularly in hot working environments.

Questions to Generate Discussion

- Are workers displaying signs of fatigue confronted/coached?
- Are there specific job functions or periods of time when coworkers are more exposed to injury from fatigue?
- What tips can you pass along to fellow employees?

Date training conducted: _____

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