

Fatigue and Its Management

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Causes

- **Work schedules** –hours of work, night/shift work
- **Sleep disruption** – quality and length
- **Environmental conditions** – climate, noise, vibration
- **Physical and mental work demands**
- **Non-work related factors**

Long term effects of fatigue

- Heart disease
- Diabetes
- High blood pressure
- Gastrointestinal disorders
- Anxiety
- depression

How can you tell if someone is fatigued?

- Feeling tired and sleepy
- Extended sleep on days off
- Loss of judgement and lack of decision making
- Increased errors
- Loss of concentration
- Poor memory
- Bad mood
- Reduced hand eye coordination (clumsy)

What the Worker can do

- Quality and quantity of sleep
- Eating sensibly and at normal times
- Exercise
- Thinking about the impact of out of work activity and their impact on work
- Reporting to manager

Diet and Nutrition

- Caffeine and energy
- Main meal should be before going to work (night/afternoon shift)
- Regular healthy snacks
- Drinking water

What the Employer can do

Its nothing new if you are a health and safety manager!

- Identify the risk
- Control the risks
- Review the control methods

More specific information

- Planning and designing work schedules and rosters
- Proposing changes and involving staff
- Review of break and meal times
- Training on fatigue
- Ensuring incidents and near misses are recorded
- Encouraging staff to report fatigue levels

Any questions?

References

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