



FATIGUE: A CONTRIBUTING FACTOR TO WORKPLACE INCIDENTS

Fatigue is more than simply feeling tired or drowsy. It is a state of mental and/or physical exhaustion that stops a person from being able to function normally.

PERSONAL AND PROFESSIONAL DANGERS OF FATIGUE

CAUSES OF FATIGUE:

Fatigue is generally caused by:

- Prolonged periods of physical and/or mental exertion without proper recovery time
- Spending long periods of time awake or without quality sleep

RISKS OF FATIGUE:

Fatigue can impact an employee's performance and productivity by diminishing reaction time, focus, and decision making. This can ultimately increase the potential for workplace injuries and health issues for employees. There is also an increased risk of a car accident for people who have had less than five hours of sleep.

FIGHT FATIGUE WITH QUALITY SLEEP:

The best way to avoid fatigue is by getting quality sleep and rest. Follow these tips to help get the necessary shut-eye:

- Make the room as dark and quiet as possible. Draw the blinds or curtains to reduce light levels and use sound insulation to reduce noise within the room
- Ask family, friends and roommates to not disturb you when you are sleeping
- Develop ways of unwinding after an afternoon or night shift
- Take a relaxing shower or bath before going to bed
- If you find yourself unable to sleep, you may want to consult a doctor.

