



## TOOLBOX TALK: FATIGUE

# A Leading Cause of Workplace Incidents

Fatigue is more than simply feeling tired or drowsy. It is a state of mental 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 and can increase the potential for workplace injuries. Employees with fatigue have a greater risk of developing obesity, diabetes, heart diseases and/or sleep apnea. There is also an increase in the risk of a car accident for

people who have had less than five hours of sleep. Statistics show that being awake for 17 hours is the equivalent of having a blood alcohol level (BAL) of 0.05, or the BAL equivalent of 0.1 after a person has been awake for 20 hours straight.

### 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.

## We Are Here

Do you have a question about safety and health? Contact us and we can assist you in making your workplace safer.

[safeatwork.mo.gov](https://safeatwork.mo.gov)

