

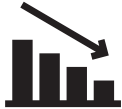
Impacts of Fatigue

Increased



- Tendency for risk-taking
- Forgetfulness
- Errors in judgement
- Sick time and absenteeism
- Medical costs
- Accident rates

Decreased



- Decision making ability
- Ability to do complex planning
- Communication skills
- Productivity/ Performance
- Attention and vigilance
- Ability to handle job stress
- Reaction time
- Memory/ Ability to recall details

Most accidents occur when people are more likely to want sleep - between midnight and 6 am, and between 1 and 3 pm.

Staying awake for 24 hours straight affects the human body in the same way as a blood alcohol level of .10% (which exceeds the typical legal limit for drivers).

Tips for workers

EAT a healthy diet that promotes longer lasting energy. Complex carbohydrates (starch) are preferable to simple carbohydrates (sugar). Avoid fatty foods and junk food.

ADOPT a steady exercise routine that includes cardiovascular, muscle strengthening and flexibility workouts.

TRY to get a least 7.5 - 8.5 hours of sleep per night.

STAY positive. Make a conscious effort not to be overwhelmed by negative circumstances.

AVOID driving if you are tired, especially in inclement weather where vision is impaired.

AVOID excessive noise when trying to sleep.

AVOID dim lighting, toasty temperatures, and excessive noise when trying to work.

VARY where possible, job tasks to eliminate repetition or long periods of boring, monotonous work.

INCORPORATE and encourage taking breaks.

EDUCATE people on the importance of getting enough rest and how to achieve work-life balance.



Fatigue and Work



Signs of Fatigue

Fatigue is the state of feeling very tired, weary or sleepy. It is often the result of insufficient sleep, prolonged mental or physical work, shift work, or extended periods of stress or anxiety.

Boring and repetitive tasks can intensify feelings of fatigue.

One in five shift workers doze off during a shift. Night, evening, rotating and irregular shifts are associated with an increased risk of occupational injury due to worker fatigue, less supervision and reduced co-worker support.

Signs of fatigue include:

- Increased vulnerability to illness
- Sleepiness
- Giddiness
- Irritability
- Loss of appetite
- Depression
- Digestive problems.



Fatigue is increased by:



Dim Lighting



Limited Visual Acuity



High Temperatures



High Noise



High Comfort



Tasks Over Long Periods of Time



Long, Repetitive and Monotonous Tasks