

FATIGUE AT WORK

WHAT IS FATIGUE?

Fatigue is more than just feeling drowsy or tired.

It is a state of mental or physical exhaustion that stops a person from functioning normally.

Some things that can cause fatigue can be:

- Spending long periods awake, inadequate sleep
- Poor lifestyle choices
- Medical conditions
- Stress



HOW FATIGUE AFFECTS YOU AT WORK

Concentration. Performance. Productivity. Safety.

There is a risk of injury in the workplace due to:

- Lack of alertness
- Slower reaction times
- Impaired decision making abilities



Signs of Fatigue



- Excessive yawning
- Inability to concentrate
- Slow reflexes
- Headaches / Dizziness
- Blurred vision
- Increase in sick days



- Understand your sleep, rest & recovery needs
- Monitor your level of alertness & concentration
- Talk to your supervisor about changes you can make at work to manage your fatigue (e.g. job rotation, shift times)
- Stay hydrated during your shift, take the time to stretch!