

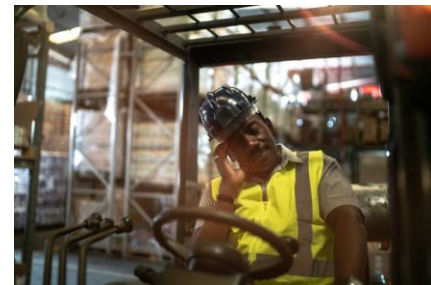
## MADE SAFE NL

### Worker Fatigue

Everybody experiences days where they feel tired at work. Perhaps you never had a great sleep the night before or your work tasks are quite repetitive. Maybe your job requires shift work and you're switching from days to nights. Whatever the reason, all workplaces need to identify that worker fatigue is a workplace hazard and can have serious and life-altering consequences.

**Fatigue** is the state of feeling very tired, weary or sleepy resulting from insufficient sleep, prolonged mental or physical work, or extended periods of stress or anxiety.

**Research has shown that 18 hours without sleep is equivalent to a blood alcohol content of 0.05%. \***



#### Tips for Employers

- Establish formalized **strategies** for fatigue mitigation on the job (such as job rotation, work schedules)
- **Prevent poor lighting and extreme temperatures** where possible
- **Train** employees how to recognize signs of fatigue
- Formalize and encourage regularly scheduled **breaks**

#### Tips for Workers

- **Recognize** signs of fatigue
- **Report** any fatigue-related occurrences or near misses to help prevent injuries
- Try to take regular **movement breaks** during your shift
- Use **mental health supports** (such as an Employee Assistance Program)
- **Do not work** if your fatigue threatens the safety of yourself or others

There is no one solution to suit everyone's needs. By identifying fatigue and taking proactive measures before it becomes an issue, you can help ensure a safe and productive workplace.

\*Williamson AM, Feyer AM. Moderate sleep deprivation produces impairments in cognitive and motor performance equivalent to legally prescribed levels of alcohol intoxication. *Occup Environ Med.* 2000;57(10):649-55.