



# SAFETY BRIEF

## WORKPLACE FATIGUE

Fatigue can leave you feeling tired, slow and inattentive to your surroundings. Workplace fatigue is dangerous to you and those around you. It affects your health and your ability to do your job safely. Fatigue isn't just feeling tired or drowsy—it's your body's response to sleep loss or prolonged physical or mental exertion.

### CAUSES OF FATIGUE

- Lack of sleep or lack of quality sleep
- Overworking, especially among shift workers
- Drug or alcohol use
- Stress
- Depression

### EFFECTS OF FATIGUE

- Increased accident rates
- Poor decision making
- Decreased communication skills
- Reduced reaction time
- Increased forgetfulness
- Memory loss or inability to recall details of your day
- Inability to stay awake

### HOW TO AVOID FATIGUE

- Go to bed and wake up at the same time every day
- Make your bedroom as dark as possible; use light-blocking curtains and a noise machine to cancel out noise if necessary
- Try to get 7-8 hours of sleep
- Avoid caffeine, tobacco and alcohol, especially before bedtime
- Manage your stress
- Exercise regularly



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