

Safety Notice

To promote good safety practices

This safety notice is issued to provide guidance on how to manage fatigue

Fatigue

Concern: Fatigue refers to the issues that arise from excessive working time.

Risk: Drowsiness, irritability, and impaired judgment.

Possible Consequences: physical and mental health issues, accidents, and impaired performance.

Why manage fatigue: Fatigue dramatically increases the risk of accidents and injuries and reduces performance. Fatigue is mental and/or physical exhaustion that reduces a person's ability to perform safely and effectively.

Risk Management:

- Identify the factors which may cause fatigue
- Assess the risks of injury from fatigue
- Controlling risks by implementing control measures, and
- Reviewing control measures to ensure they are working as planned

Activity

- Length of activity without rest
- Scheduling of activities
- Mentally and/or physically demanding
- Excessive workload / multi-tasking
- Resources

Individual

- Lack of sleep
- Poor quality sleep
- Stress / anxiety / Mental health
- Physical health

Fatigue Reduction

- Risk Assessment
- Activity planning
- Planning rest & recovery times & areas
- Capability and competence assessment
- High risk activities during daytime

Monitoring

- Supervision
- Look for signs of fatigue
- Self-reporting of fatigue
- Rotation of tasks / activities

Fatigue Related Symptoms

- Sleepiness
- Memory problems
- Difficulty concentrating
- Moodiness
- Physical weakness
- Changes in behaviour, Changes in thinking.

Reference:

- [HSE Fatigue](#)
- [Planning and Assessing Risk](#)