**saif**
Work. Life. Oregon.

# Fatigue impacts our work

## Key takeaways

- Fatigue is a feeling of being worn out, tired, and lacking energy.

- Fatigue can be caused by physical, emotional, or mental stress.

- Finding the source of the fatigue is how you can resolve it.

- There are several things you can do with diet and lifestyle that can help stop fatigue.

Fatigue is an overall feeling of being tired or lacking energy. Both on and off the job, fatigue is a major risk factor for injury. According to the National Safety Council, it can fog your brain like alcohol and drugs can.

Fatigue isn't the same as feeling drowsy or sleepy. When you're fatigued, you have low motivation and low energy. You may wake after sleeping and still feel tired. Fatigue can make you work less and with less quality at work and at home. It can make you feel less focused and unable to handle your day-to-day tasks. And it can make it hard to feel concern or empathy for others.

In most cases, there is a reason for fatigue, and addressing the cause is essential. Physical problems like allergies, depression, anemia, sleep disorders, dehydration, and underlying illness all can cause fatigue. If a physical issue is causing it, get help from a doctor.

Emotional stress, like relationship problems or financial worries, can also cause fatigue. Connecting with loved ones and doing activities that bring joy will help reduce this type of fatigue. Work-related stress or jobs that need intense focus can also be causes. Taking breaks and changing your work pattern can help reduce it.

A healthy lifestyle can go a long way to help fight fatigue, too. A diet of nonprocessed foods, regular physical movement, adequate water intake, and sleeping seven to nine hours each day are keys to well-being. Fatigue that lasts more than two weeks — despite a healthy lifestyle — means it's time to see a doctor and make sure a health issue is not the problem.



## Take action (Complete one or more activities as a team)

A. GROUP DISCUSSION: What high-risk or high-focus tasks should be avoided when feeling fatigued? Are there processes that can be changed to reduce those risks?

B. GROUP STRETCHING: Lead the group in a strengthen and lengthen session (**saif.com/S941**) to see how increased blood flow can help improve alertness.

C. FIELD TRIP: Can your team get water and restroom breaks? Are there healthy snacks? Can this be improved?

## Safety talk sign-in sheet

Record your attendees for compliance.

Instructor's name: _____

Date of training: _____

| ATTENDEE NAME (Print) | ATTENDEE SIGNATURE |
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