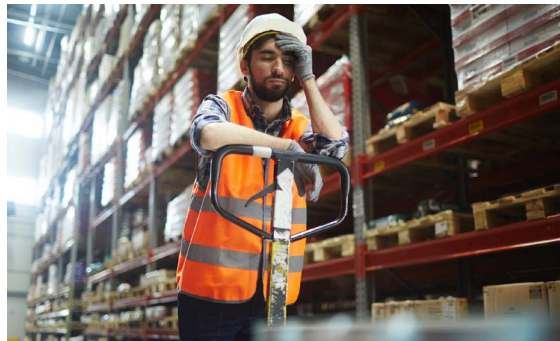


Fatigue and shift workers

Takeaways

- Fatigue is a major risk factor for potential injury.
- Getting enough sleep can help you maintain better health.
- Take regular breaks every two hours.
- If you are overly tired, don't drive or operate machinery.
- Keep a regular sleep schedule and strive for 7-9 hours of sleep each day.



Working long hours, and swing and graveyard shifts, make it more difficult to get enough quality sleep. This leads to disrupted sleep cycles and fatigue on the job. Tired workers can have a reduced reaction time, finding it harder to focus, potentially leading to mistakes that can cause injuries and property damage.

Although fatigue is like being tired, it's not quite the same. Fatigue can negatively influence your motivation and energy level. Some signs of fatigue include reduced reaction time, difficulty focusing on tasks, and increased irritability. Day-to-day tasks can seem more difficult.

It may take you a while to get used to a new shift schedule, so allow yourself more time to adapt. No one strategy works for everyone because no situation is identical. Here is a list of possible strategies:



- Keep a consistent sleep schedule
- Develop a routine where you wake up at the same time
- Take a nap before going to work
- Avoid caffeine five hours before sleep
- Avoid making large changes to your sleep schedule on your days off
- Darken the windows to block light if you sleep during the day

A healthy lifestyle can fight fatigue. A diet of nonprocessed foods, movement, hydration, and 7-9 hours of sleep can improve alertness. Avoid sugary foods and drinks that can make you feel more tired. Fatigue that lasts more than two weeks could mean it's time to seek medical help.

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

- A. Discuss techniques that you and your co-workers do to stay alert, deal with the challenges of shift work, and manage long hours. What works? What doesn't?
- B. Identify work tasks that require alertness to maintain safety.
- C. Create a buddy system to look out for signs of fatigue in co-workers, and discuss what steps to take if a co-worker is fatigued on the job.

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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