

FATIGUE AWARENESS



FATIGUE IS A REAL HAZARD

Fatigue is more than feeling tired and drowsy. In a work context, fatigue is mental and/or physical exhaustion that reduces your ability to perform your work safely and effectively.

SIGNS OF FATIGUE

Moodiness, short term memory loss, inability to concentrate, increase risk taking, fidgeting, rubbing eyes, repeated yawning, staring blankly, excessive blinking, difficulty keeping eyes open.

WORK CAUSES OF FATIGUE

Not enough quality sleep due to factors such as prolonged or intense mental or physical activity, sleep loss and/or disruption of your internal body clock, exceptionally hot or cold working environments, work scheduling, excessively long shifts, not enough time to recover between shifts, strenuous jobs, hazardous work.

WHAT TO DO ABOUT FATIGUE AT WORK

- Comply with your workplace guidelines relating to fatigue, and follow them.
- Understand your sleep, rest and recovery needs and get adequate rest and sleep away from work.
- Seek medical advice if you have or are concerned about a health condition that affects your sleep and/or causes fatigue.
- Inform your supervisor. (Whether you feel fatigued or you suspect that a coworker is.)



West Fraser Mills Ltd.

**Supervisor
Crew
Talk**