Staying awake for 24 hours

straight affects the human body almost exactly like a blood alcohol level of .10%, which exceeds

Canada's legal limit for drivers.

Impacts of fatigue

DECREASED

· ability to do complex planning

productivity / performance

· ability to handle job stress

· memory / ability to recall details

· decision making ability

· communication skills

· attention and vigilance

· reaction time

Fatigue is the state of feeling very tired, weary or sleepy resulting from insufficient sleep, prolonged mental or physical work, shift work, or extended periods of stress or anxiety.

Boring or repetitive tasks can intensify feelings of fatigue.

repetitive



vulnerability loss of

appetite

sleepiness aiddiness

(depression)

irritability

digestive problems

SIGNS

ift worker in five dozes off during a shift. [1]



Night, evening, rotating and irregular shifts are associated with in increased risk of occupational injury due to worker fatigue. less supervision and reduced co-worker support.[2]

Fatigue is increased by...















tasks over long periods of time

Tips for workers



EAT a healthy diet that promotes longer-lasting energy. Complex carbohydrates (starch) are preferable to simple carbohydrates (sugar). Avoid fatty foods and



ADOPT a steady exercise routine that includes cardiovascular, muscle strengthening and flexibility





STAY positive. Make a conscious effort not to be overwhelmed by negative circumstances.



weather where vision is impaired.



INCREASED

· tendency for risk-taking

· sick time and absenteeism

· errors in judgement

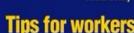
· forgetfulness

medical costs

· accident rates

Fatigue is regarded as having an impact on work performance. Most accidents occur when people are more likely to want sleep between midnight and 6 am, and between 1-3 pm. [3]

- [1] http://www.ccohs.ca/newsletters/hsreport/issues/2007/11/ezine.html
- [2] http://www.ccohs.ca/oshanswers/ergonomics/shiftwrk.html
- [3] Alberta Human Resources and Employment. Fatigue, Extended Work Hours, and Safety in the Workplace in Workplace Health and Safety, June 2004, Reformatted August 2010









TRY to get at least 7.5 - 8.5 hours of sleep per night.



AVOID driving if you are tired, especially in inclement

AVOID excessive noise

Advice for employers



ENSURE the work environment does not promote fatigue. Try to avoid dim lighting, toasty temperatures, and excessive noise.

VARY job tasks to eliminate repetition or long periods of boring, monotonous work.

INCORPORATE and encourage taking breaks.

TRAIN workers on the importance of getting enough rest and how to achieve work-life

INTRODUCE shorter shifts, and rotate shifts in the direction of the sun (morning, afternoon, night, in that order).



Items to emphasize:

- 1. Fatigue has been known to impact work performance.
- 2. An issue often raised is the effect of fatigue on workplace incident and injury rates. The concern is that increased fatigue will contribute to incidents.

Government of Alberta, Labour reports that fatigue affects people differently, but it can increase a worker's hazard exposure by:

- reducing mental and physical functioning,
- impairing judgement and concentration,
- lowering motivation,
- slowing reaction time, and
- increasing risk-taking behaviour.