

FIGHTING FATIGUE

Fatigue is the condition of being physically or mentally tired or exhausted during waking hours. Extreme fatigue can lead to uncontrolled and involuntary shutdown of your body and brain.

Fortunately, there are ways to fight fatigue:

- Try to get eight hours of sleep before starting work.
- Try to sleep at the same time each day. If shifts rotate, ask for clockwise rotations (from day to evening to night). Clockwise rotation makes it easier to sleep changing the time you go to bed.
- Take scheduled work breaks. A snack or exercise during the break will help to refresh you.
- When trying to sleep during the daytime, find a cool, dark, quiet location. Use earplugs, soft music, or a fan to block out noise.
- See your doctor about sleep disorders, medications for illness, and exposure to bright light on the job during working hours.
- Eat a well-balanced diet beginning **your day** with high protein foods and ending with carbohydrates. Do not over eat before bedtime, it may cause trouble going to sleep.
- Walking, stretching, and aerobics can help you stay awake. Exercise will give you stamina and help you to fall asleep when you are ready to rest.
- Work carefully and methodically, always be alert and follow safety procedures.
- Avoid too much caffeine, alcohol, and cigarettes, an abundance can cause sleep disturbances.

When you're fatigued, **you are susceptible to making errors in judgment.** Your mind and eyes can be off task and the chance of making a critical error is greatly increased.

Fight fatigue by eating properly and getting plenty of rest.

Together we can make work safe.



Company: _____

Location: _____

Topic: _____

Date: _____

WEEKLY SAFETY PROGRAM REVIEW AND PRESENTATION

1. Remind all employees that it is their right to a safe work place. Each employee is responsible to report and respond to unsafe work practices and conditions.

2. Review of recent incidents, injuries, and reported near misses.

3. Recent observations, safety violations, and demonstrated lack of knowledge or skills.

4. Employee suggested corrective actions for avoiding future reoccurrences.

5. Existing and upcoming work activities and potential hazards. Include review of supporting materials or documents and demonstrate safe work procedures.

6. Employee workplace safety concerns and recommendations.

7. Safety topic presentation. Include review of company policies, procedures, and location specific expectations. Encourage questions and clarifications.

8. Additional meeting notes.

Company: _____

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Printed Full Legal Name	Department/Division	Signature
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Printed Full Legal Name	Signature
Instructor 1:	
Instructor 2:	
Translator:	