

The Theme for October 2019 is: Fatigue Management

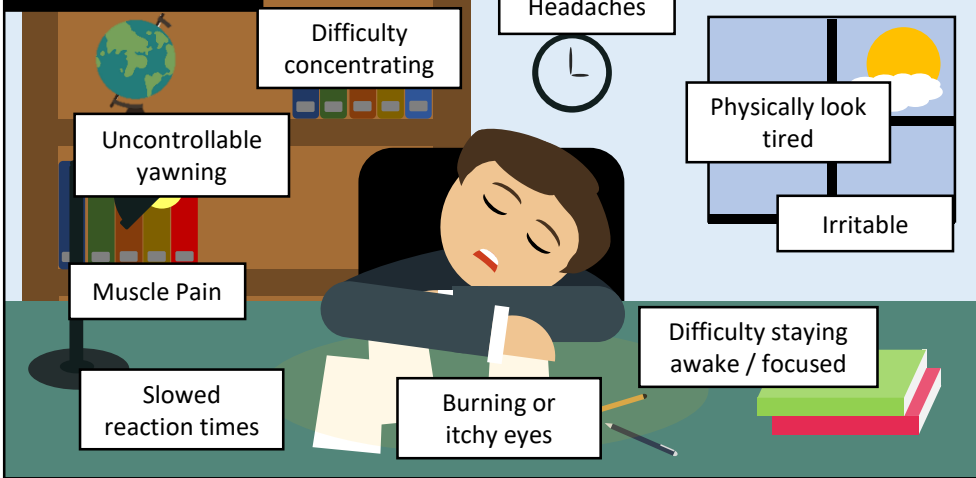
Your Health and Safety

Our Environment

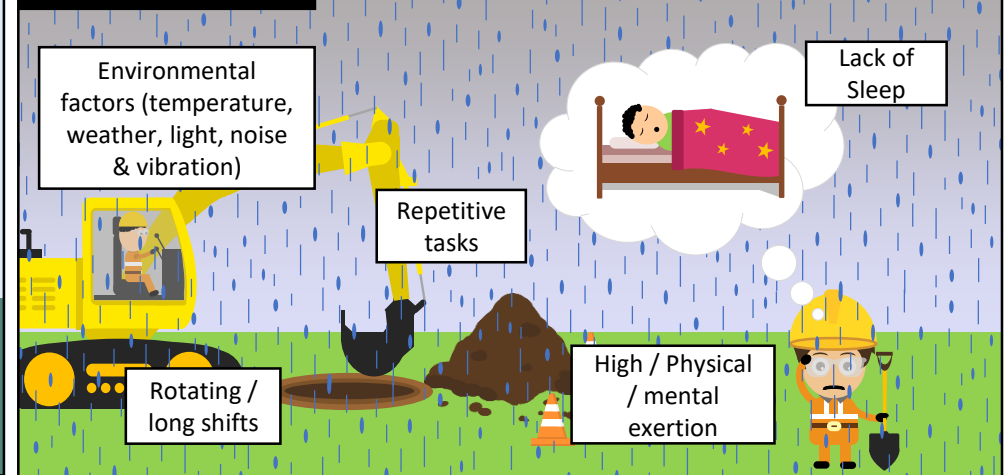
Quality Requirements

Fatigue is more than feeling tired. In a work context it is a state of mental or physical exhaustion which affects a person's ability to work safely and effectively. By working together, MWHT and its employees can identify signs of fatigue and successfully manage it to minimise its occurrence in the workplace.

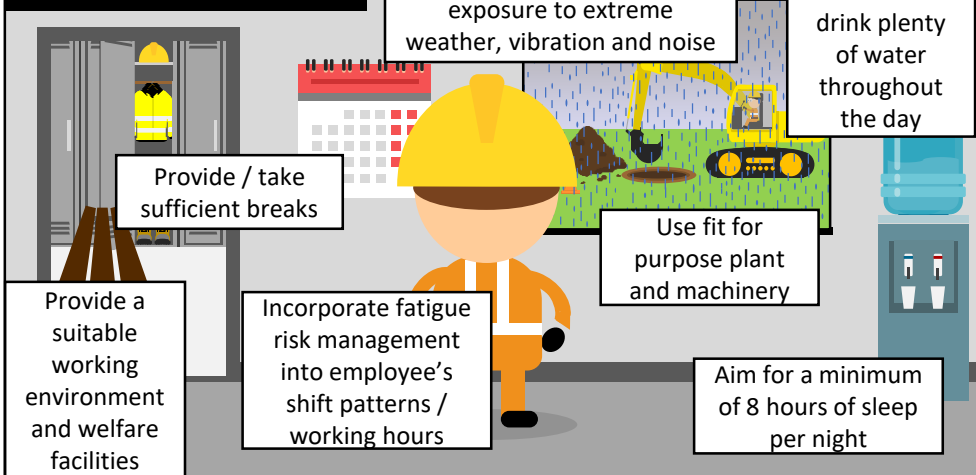
Signs of Fatigue:



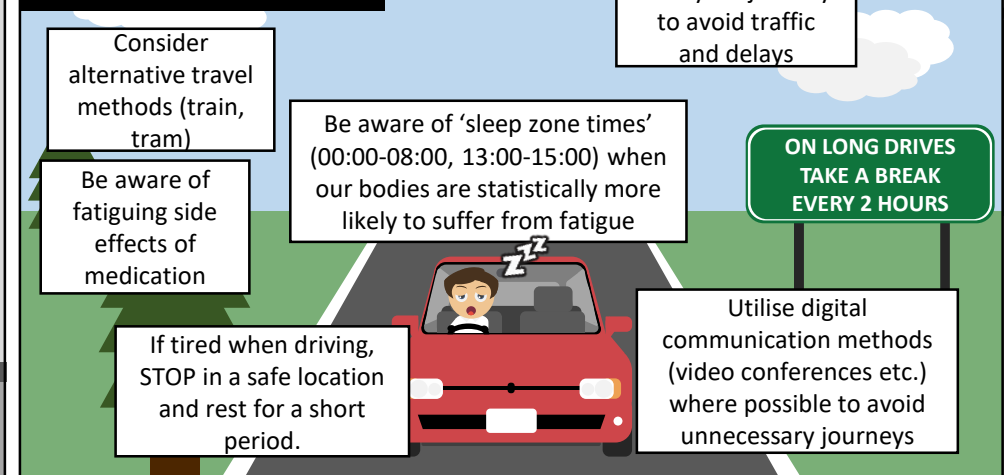
Causes of Fatigue:



Reducing Work Fatigue:



Reducing Driver Fatigue:



If you're suffering with fatigue whether work-related or personal, inform your line manager / HR advisor or seek assistance via the Employee Assistance Programme.