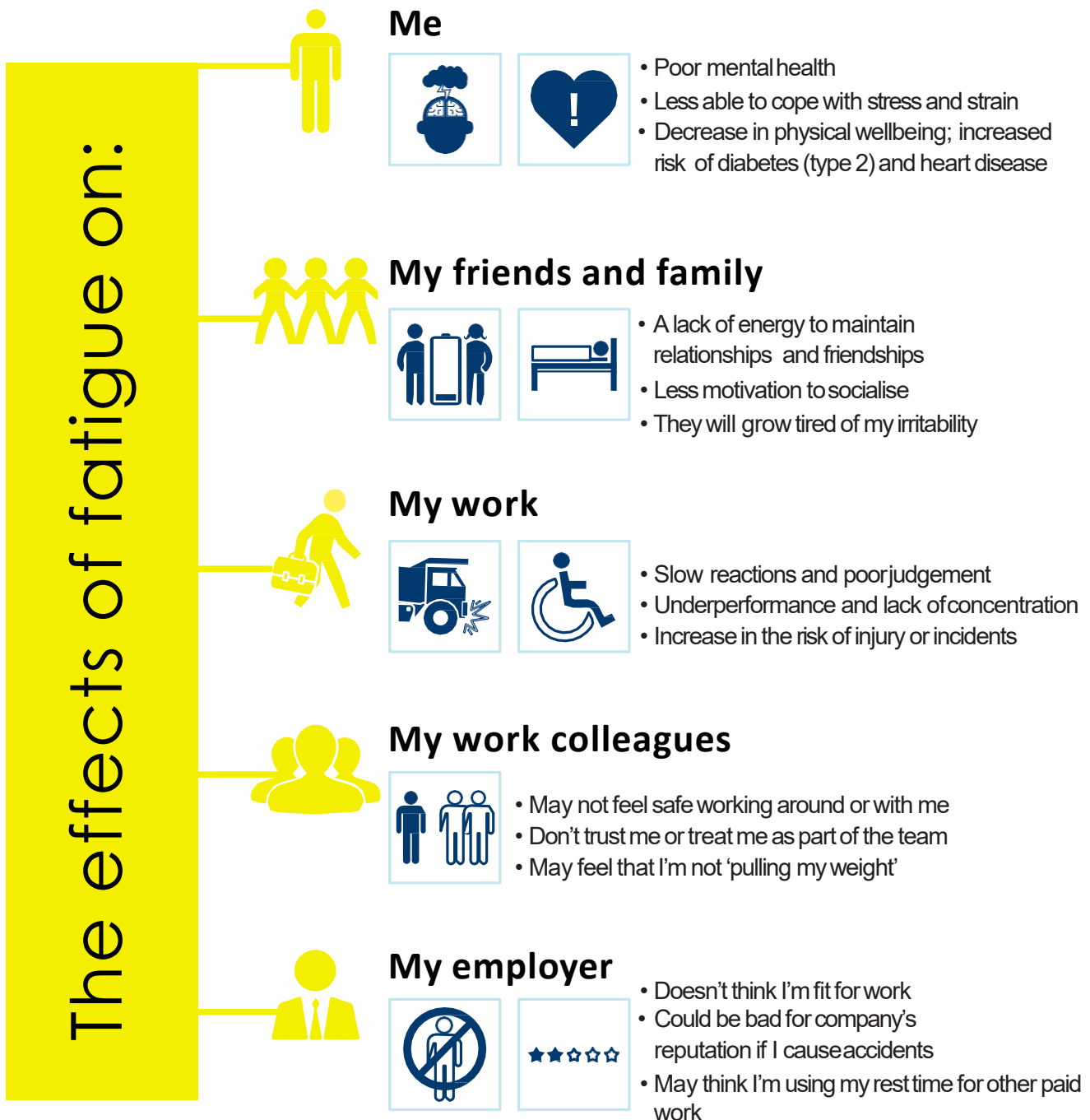









# Fatigue and me

Fatigue isn't simply feeling sleepy or tired. It is a decrease in mental and physical health and performance. This means it affects our moods, how we think, specifically about risk, and how we behave.



# Employer responsibilities:

-  **Communicate the fatigue management action plan to employees**
-  **Offer a health assessment for night shift workers**
-  **Ensure employees have 11 hours rest between shifts / per 24 hours**
-  **Not make employees work more than 60 hours a week**
-  **Provide information, training and education on fatigue**
-  **If extra work is needed, assess individual employees for fatigue**
-  **Consider fatigue in all incidents / accidents and report it**

**It's a shared responsibility between employees and MWHT to manage fatigue.**



# My responsibilities:

- Be fit and well rested
- Be a responsible driver
- Try to get a minimum of 7 hours sleep each night
- Look after myself and others
- Tell my manager / supervisor if I feel fatigued
- Take note of information to prevent and fight fatigue

## Illnesses

–do I feel well enough before my shift starts?

## Medication

–am I taking any medication that makes me feel drowsy?

## Stressed/emotional

– am I feeling especially stressed or upset today? Do I need to speak to someone before going on my shift?

## Alcohol

– could there still be alcohol in my system? Remember, it can take at least 1 hour to process 1 unit of alcohol.

## Fatigue

– have you had restricted sleep? Did you rest since your last shift? Are you having trouble keeping your eyes open or concentrating?

## Eaten

– have you had something to eat and drink?

Think "I'M SAFE"




# Are you awake enough for work?

complete the short assessment below to identify if you may be suffering from fatigue.

## Fitness For Work






Do you believe you're fit for work?

- No 
- Yes, but need extra controls 
- Yes 

## Current Fatigue State






How do you feel right now?

- Very fatigued, difficulty staying alert 
- A bit tired, effort to stay awake 
- Very Alert – wide awake 

## Sleep Quantity




Have you slept in the last 24 hours?

- No 
- Yes – but less than 7 hours 
- Yes – more than 7 hours 

## Sleep Quality



Rate the quality of your sleep:

- Poor 
- Average 
- Good 

## Signs of Fatigue



Have you experienced any physical (e.g. microsleeps) or mental signs (e.g. difficulty concentrating) of fatigue immediately prior to or during this shift?

- Yes 
- No 

### What does it mean?

If one or more of your answer is **Red**, your fatigue category is **Severe**.

If one or more of your answer is **Amber**, your fatigue category is **Moderate**.

Otherwise if your answers are all **Green**, your fatigue category is **Mild**.



If your fatigue category is **Severe** or **Moderate**, you must talk to your manager about next steps...