

Work Fatigue

SAFETY AWARENESS KEPT SIMPLE

Safety Talk Delivery Pack

This Safety Talk contains:

- 5 - Page Talk Text
- 5 - OHP Presentation Slide Pack
- 10 - A5 talk Handout Sheets
- Assessment and Assessment Answers Sheet
- Employee Attendance Register
- A “How to Present Safety Talks Guide”

Using the talks (Extract “How to Present Safety Talks”):

Plan which topic you want to discuss with your team.

Read through the script before you hold the meeting to familiarise yourself with the material.

Start the talk with a comment that makes the topic relevant to the team. For example, if you have seen a number of people using ladders incorrectly, use this as your opening comment.

Follow the script but don't read straight from the page. The script is only a prompt and it will sound better if you use your own words.

Ask the questions as they appear in the script. It is important you do this because they are a lead in to the next section of your talk.

Give the team enough time to answer the questions. Safety talks can be boring for the team if you are the only one talking.

Hand out the information sheets as they appear in the script. Don't hand out all the information sheets at the start of the talk otherwise there is a temptation for the team to read ahead and not listen to the points you are making.

Collect the information sheets at the end of the talk so they can be used again.

To obtain your Safety Talk Delivery Pack go to: www.smartsafe.com.au

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INTRODUCTION

Fatigue is a hidden killer.

According to recent research by sleep research scientists, work performance is more likely to be impaired by moderate fatigue than by the effects of alcohol consumption.

Fatigue is a major risk factor for employees and the company.

It is the responsibility of the company to ensure the hours of work are structured at a level to avoid the potential for fatigue and fatigue related accidents in the work place.

It is the responsibility of the employee, under their “Duty of Care”, to arrive at work in a fit and alert state that will enable them to work the full rostered hours. Avoiding fatigue may be as simple as getting enough sleep.



LEARNING OUTCOMES

By the end of this talk you will understand:

- how to recognise the causes of fatigue;
- the effects of fatigue on work performance;
- how fatigue can cause accidents; and
- how to minimise and manage fatigue.

FATIGUE AND WHAT CAUSES IT

Fatigue has many faces and many causes. Fatigue and tiredness mean different things to different people.

	<i>“Knowing fatigue means different things to different people. What does it mean to you?”</i>
	Hand out sheet 1 – Fatigue and what causes it

One or more of the following symptoms can be experienced if you are suffering from fatigue:

- exhaustion and a feeling of never being able to get enough done;
- feeling sluggish when you get up each morning and being unproductive for half of the day;
- taking a long time to recover after you exert yourself;
- a constant lack of energy;
- feeling unfit;
- feeling confused; and
- being unable to concentrate.

In most cases, we think of fatigue as having **no energy** or **being unfit**.

Where energy comes from

Energy refers to the biochemical process inside our cells that is devoted to the production of adenosine triphosphate - or ATP to us.

Every second, your body produces billions of molecules of ATP. They live for only a fraction of a second.

The machinery you work with requires fuel, oil and additives to keep it running at its peak. Your body needs to make ATP from your protein, fat and carbohydrates in order to keep you at your peak.

Eating three fruit and vegetables a day goes a long way to maintaining high energy levels.

Not enough physical activity and poor physical fitness are common causes of fatigue.

As odd as it seems, exercise, which makes us tired, also helps to eliminate symptoms of tiredness and fatigue.

Sample OHP Presentation Slide

Sheet 1 – Fatigue and What Causes It



One or more symptoms of fatigue could be:

- exhaustion and a feeling of never being able to get enough done;
- feeling sluggish each morning and being unproductive for half of the day;
- taking a long time to recover after exerting yourself;
- a constant lack of energy;
- feeling unfit;
- feeling confused; and
- being unable to concentrate.



Sample A5 Handouts

Sheet 2 – Signs of Fatigue



Some signs of fatigue include:

- feeling cramped or fidgety;
- driving erratically;
- continually yawning;
- your mind wandering;
- finding it hard to concentrate;
- having difficulty with problem solving;
- often feeling drowsy; and
- Impatience.

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