

# Many workers, especially shift workers, suffer from fatigue, making them a danger to themselves and others. That's why you must know how to recognise the signs of fatigue in workers, and understand the causes, so you can manage the risks.

Fatigue can be particularly risky in high-risk workplaces. Workers in high-risk workplaces are required to maintain a high level of alertness, meaning that fatigued workers pose a much greater risk to their own health and the safety of others in the workplace.

This eBook will help you better manage fatigue at your workplace to reduce the risks it poses and meet your health and safety obligations.

You will learn:

- the health and safety risks of fatigue – both direct and indirect;
- the causes of fatigue;
- how to identify fatigue in your workers;
- how to reduce the risk of your workers becoming fatigued due to excessive working hours and shift work;
- what to do when a worker is fatigued; and
- the additional laws that apply in the transport industry to help manage the risks of fatigue in heavy vehicle drivers.

## YOUR EXPERT



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## QUICK REFERENCE GUIDE



**Example**



**Tip / Important**



**Checklist**



**Definition**



**Step-by-Step**



**Caution**



**Case Law**

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