

What?

- Fatigue is generally considered to be a decline in mental and/or physical performance that is caused by prolonged or intensive exertion.
- Fatigue refers to the issues that arise from excessive working time or poorly designed shift patterns.
- Lifestyle and illness can also cause fatigue.



Why?

- Fatigue results in slower reactions, memory lapses, absentmindedness, lack of attention, decreased awareness, underestimation of risk and reduced coordination.
- Fatigue can lead to errors and accidents, ill-health and injury, and reduced productivity and it is often cited as a root cause of major accidents at work.
- Your employer has a legal duty to manage any risks from fatigue, irrespective of a person's willingness to work extra hours or preference for certain shift patterns for social reasons.

Do ✓

- ✓ Look after your health; eat regularly, exercise, get a good night's sleep, reduce your caffeine and alcohol intake, stay hydrated
- ✓ Seek to reduce your stress levels
- ✓ Talk to the leader / line manager if you are concerned about your workload



Don't ✗

- ✗ Don't lone work, or if you have to, leave contact details of where you will be and check in with colleagues regularly
- ✗ Don't operate machinery or drive if you feel tired; you may not be able to concentrate and have an accident or incident
- ✗ Don't work too many hours
- ✗ Don't work for long periods without taking breaks
- ✗ Don't stay up late when you know you have to attend work the next day

Document Name	<i>TBT Fatigue</i>	Document No.	<i>OC/HS/TBT 6</i>
Document Owner	<i>David Shaftoe</i>	Date of Issue	<i>07.06.20</i>
Related TBTs	<i>Machinery; Slips, Trips & Falls; Unsafe Acts & Unsafe Working Conditions</i>	Version No.	<i>1</i>