

TOOLBOX TALKS

Incident Reporting - Fatigue Management

Fatigue Management

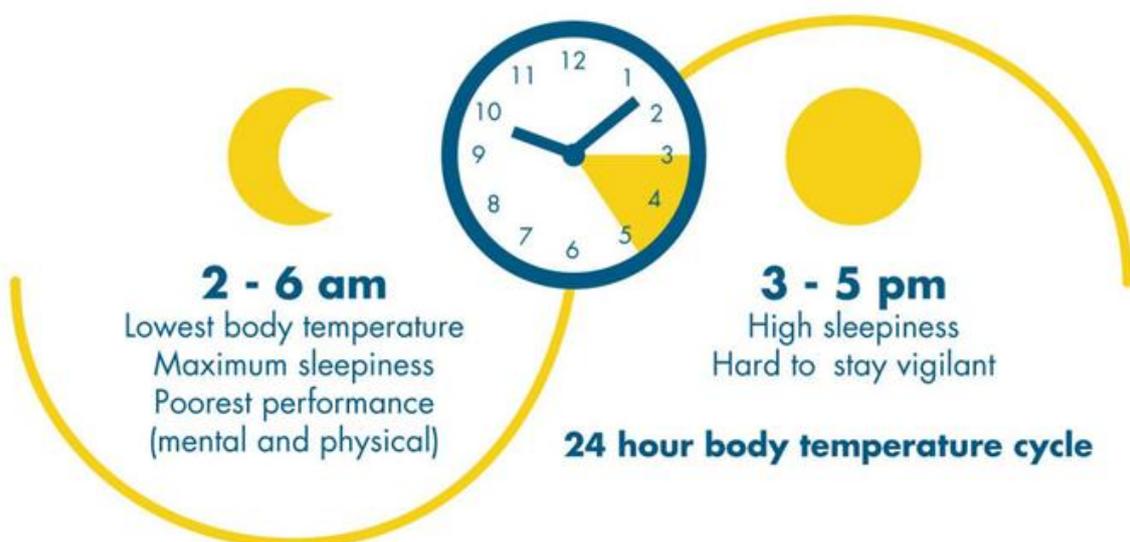
How did you sleep last night? Did you get enough sleep? How do you know? It is very important to be aware of yourself. Getting plenty of sleep is a very important part of your personal safety.

Most people need 7-8 hours of sleep each 24-hour day. Sleep loss built up slowly over several nights can be as harmful as sleep loss in one night. Both produce a decline in performance such as slower reaction times, failure to respond to changes, and the inability to concentrate and make reasonable judgments.

Fatigued persons tested from continuous hours of wakefulness against blood alcohol levels concluded that 17 hours awake is equivalent to a blood alcohol content of 0.05. Twenty-one hours awake is equivalent to a blood alcohol content of 0.08 and 24-25 hours awake is equivalent to a blood alcohol content of 0.10.

Do you get enough sleep?

It is important that you do for your safety and the safety of your co-workers. When you see the signs of fatigue in a co-worker, draw their attention or the attention of a supervisor to the situation to ensure they are able to work safely. If you do not take a proactive step you may be the one to be negatively impacted when an accident occurs. Be a courageous safety leader and speak up for safety.



Managing Fatigue

Staying awake for 24 hours straight affects the human body almost exactly like a blood alcohol level of 10%.

Most people need at least 7.5 hours of uninterrupted sleep every night.

- If you do not get enough sleep, you will develop 'Sleep debt' over time
- Sleep debt increases every night you do not get enough sleep
- It MUST be paid back – your body has no choice
- You cannot stop it by trying harder

It can take two full nights of sleep in a row to recover from Sleep Debt.

Boredom or repetitive tasks can intensify feelings of fatigue.

Night, evening, rotating, and irregular shifts are associated with an increased risk of occupational injury due to worker fatigue, less supervision and reduced co-worker support



DISCUSSION

Questions from staff

Comments by staff

Suggestions from staff
