



SAFETY SHARE OF THE MONTH

FATIGUE AT THE WORKPLACE

Fatigue may increase the risk of incidents because of a lack of alertness. Fatigue may result in a slower reaction to signals or situations and affect the ability to make good decisions, particularly when operating fixed or mobile plant equipment including driving vehicles.

Therefore, be aware of the situation that fatigue may create a loss of focus.

Below are items that may contribute to fatigue at the workplace:

- **Not Being Fit For Duty** – *Be prepared both, mentally and physically.*
- **Shift Work/Sleep Patterns** – *Get better sleep, avoid interruptions and shut down electrical devices.*
- **Stress/Workloads/Deadlines/Production** - *Manage stress and take regular breaks during the day.*
- **Repetitive Tasks** - *Take regular recovery breaks, analyze your workload, and have a regular review of the workload and pace of work.*
- **Transitioning From Seasonal Hours** – *Changing work hours due to summer/winter seasons.*
- **Use of Diuretics/Caffeine** - *Do not consume caffeine on empty stomach, hydrate and adequate sleep.*
- **Use of Stimulants** - *Avoid stimulant crash by diet, hydration, exercise and adequate sleep.*
- **Medications/Side Effects** - *If applicable understand the side effects of your medications.*
- **Pre-existing Health Conditions** - *If applicable know your limitations.*
- **Poor Diet** – *Eat protein every meal, choose healthy snacks and drink more water.*
- **Lack of Exercise** - *Increase movement throughout the day.*

For more information visit: <https://www.nsc.org/workplace/safety-topics/fatigue/fatigue-home>



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