



Safety Message of the Day for IMEA Members



Fatigue Management Safety Message

Fatigue is a state of mental or physical exhaustion that reduces your ability work safely and effectively. Fatigue can be work related or non-work related or a combination of both and can build up over time. This can lead to workplace incidents and injuries. Both employers and employees are responsible for managing fatigue.

Signs of fatigue

The effects of fatigue can be short term, or they could be long term (burnout). Signs a person may be experiencing fatigue are:

- * Short-term memory problems and finding it hard to concentrate
- * Poor decision making or errors in judgment
- * Reduced hand-eye coordination or slow reflexes
- * Mood swings
- * Trouble solving problems
- * Job performance is affected
- * Trouble focusing
- * Unable to recall last thought or conversation

Takeaways:

- * Fatigue is a hazard in the workplace
- * Look after yourself
- * Engage with your work colleagues and employers