



Fatigue Management During Extended Restoration

Storm restoration often requires long hours, changing weather, and physically demanding work. Fatigue slows reaction time, affects judgment, and increases the likelihood of mistakes. Stay hydrated, eat regularly, and take scheduled rest breaks even when work is busy. Watch for signs of fatigue in yourself and your coworkers, including poor concentration, irritability, or slowed responses. Supervisors should encourage employees to speak up if they become too tired to work safely. No outage is worth risking an injury because someone pushed beyond safe limits.

Takeaway: Working tired can be just as dangerous as working distracted.