

February 4, 2019



Fatigue

Fatigue cannot be “measured” and the effects are different between individuals.

WHAT ARE SOME COMMON SIGNS OF FATIGUE?

Reduced:

- decision making ability
- ability to do complex planning
- communication skills
- productivity or performance
- attention and vigilance
- ability to handle stress on the job
- reaction time—both in speed and thought
- memory or ability to recall details
- response to changes in surrounding or information provided

Increased:

- tendency for risk-taking
- sick time, absenteeism, rate of turnover
- incident rates

Discuss how these effects can impact the safety of yourself and your coworkers. Speak with your supervisor if you are concerned about your fitness for duty.