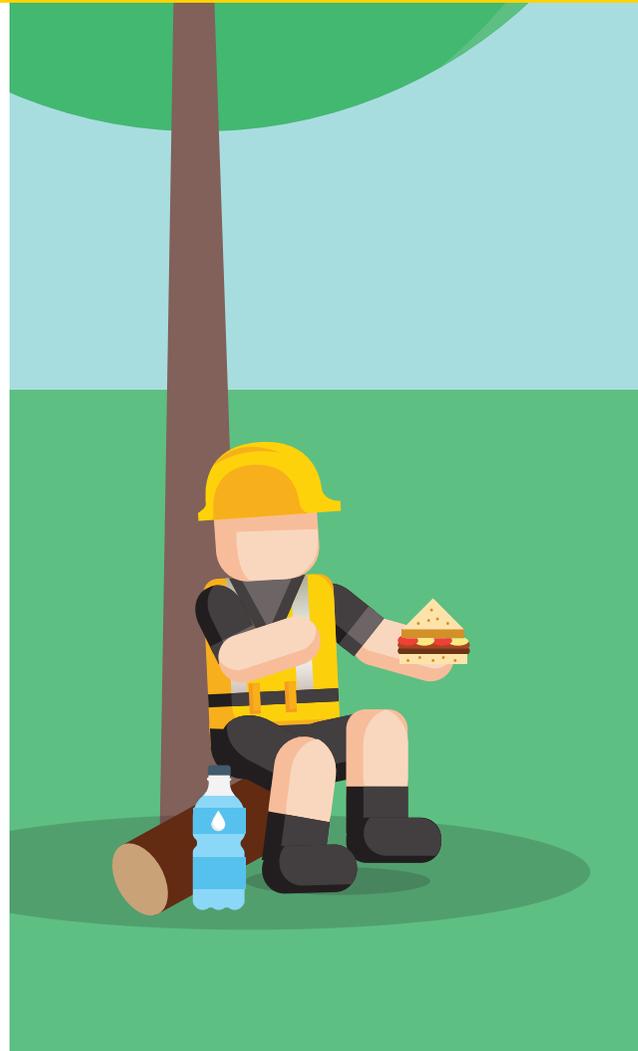


# Managing fatigue

- Know the signs of fatigue
- Get enough rest away from work
- Manage what you can at work



# Managing fatigue

Fatigue is more than being tired – and it's not something you just push through. If you're fatigued you're a danger to yourself and to your crew. But fatigue can be minimised and prevented.

## Watch for signs of fatigue

- Think about how you're doing – do you feel tired or sleepy, or don't feel refreshed after sleep?
- Look out for physical signs – tripping or stumbling more than usual, blurred vision, yawning, lots of blinking, falling asleep.
- Notice any behavioural signs – feeling grumpy or getting annoyed easily, finding it hard to concentrate, making mistakes.

## Get enough rest away from work

- Make sure your family understands your work and how much you need to sleep and rest.
- Try to stick to a sleep routine, keep your bedroom as dark as you can, and don't use digital devices just before going to bed.
- Don't overdo the alcohol on nights before work so you sleep better.
- Keeping fit – such as by playing a sport – can help fight fatigue.

## Manage what you can at work to avoid fatigue

- Eat nutritious food and drink lots of water so you're well fuelled and hydrated.
- Take breaks, including a brief rest between starting work and the usual morning break if you've had an early start with a long drive to the work site.
- Speak up. Factors that cause fatigue must be managed like any other work hazard, so tell the boss if you think you might be fatigued.

**WHAT'S ENOUGH SLEEP?** People need at least **6 hours' sleep a night** – although 7+ is better. Anyone who's slept less than 5 hours in the past 24 hours, or 12 over the past 48, is at high risk of fatigue. If you're fatigued you're a danger to yourself and your crew because you're more likely to have accidents.