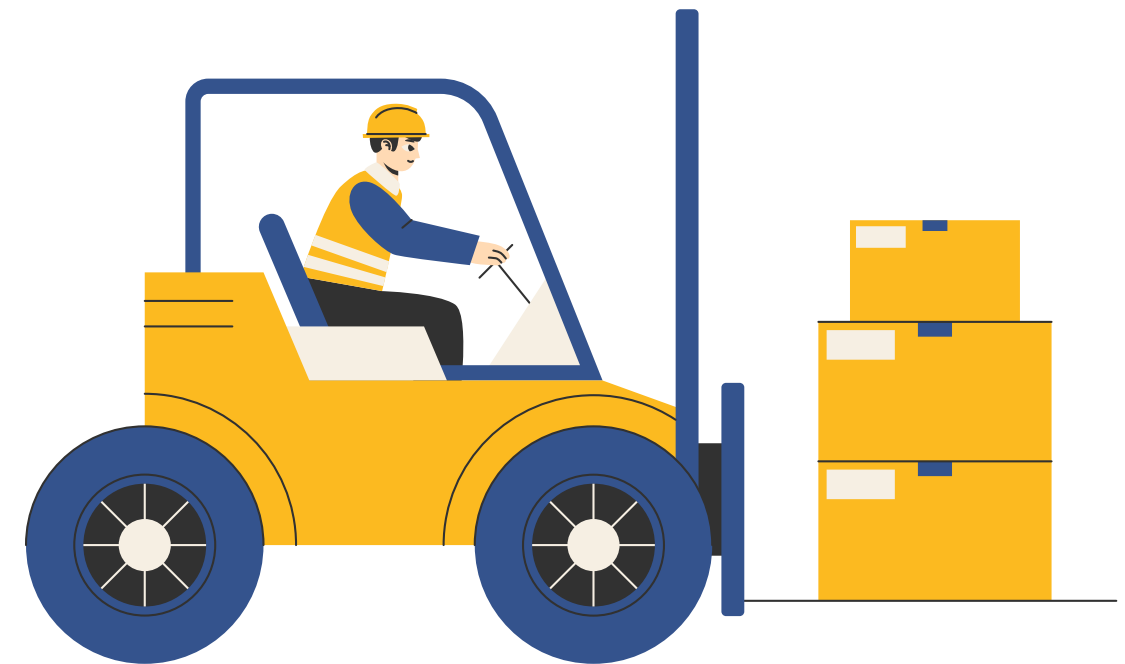
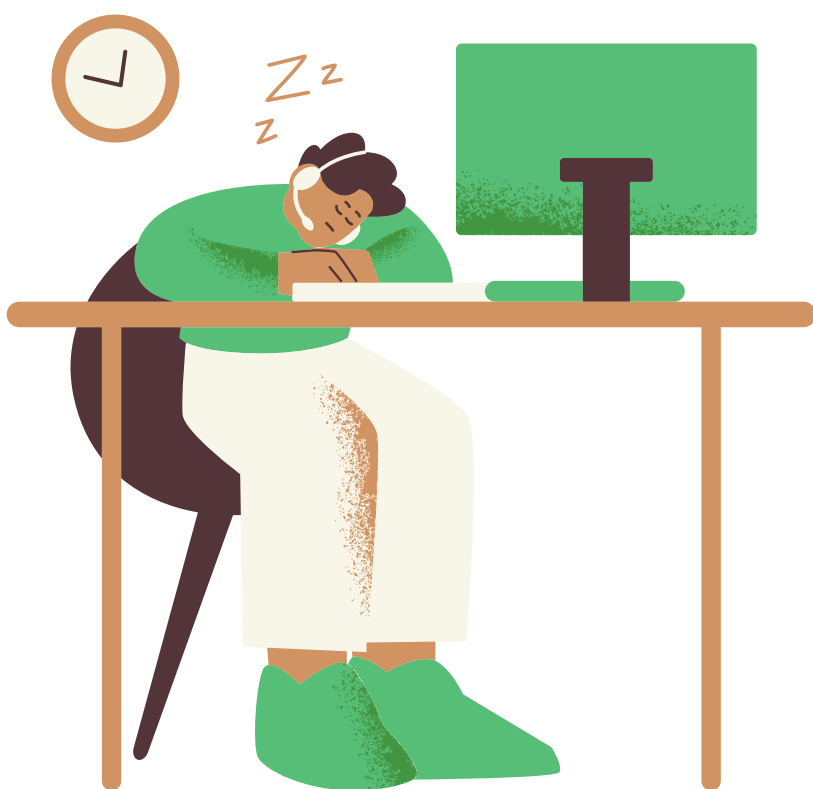


FATIGUE IN THE WORKPLACE: What is it and what can you do about it?

What is fatigue?

Fatigue is the state of feeling very tired, exhausted, or drowsy. In the workplace, it can show up as **reduced alertness, reaction time, memory, ability to make decisions or communicate effectively.**



What can lead to fatigue?

Lifestyle factors

- Not enough sleep, poor quality sleep
- Extended periods of stress or anxiety

Workplace factors

- Scheduling: Night shift, extended or irregular hours, inadequate breaks
- Repetitive, strenuous, boring, complex tasks
- Environment: dim lighting, high temperatures or noise levels

Workplace tasks where being fatigued could increase the risk of harm

- Driving
- Operating tools or machinery
- Working at heights
- Monitoring screens or displays

What Now: What to do if fatigue impairment occurs at work?

- **Let your supervisor or employer know** if your ability to safely perform tasks is impaired by fatigue
- Look into ways to **improve sleep**
- **Be aware of hazards at work** that could lead to harm if fatigued

