

# Workplace Fatigue

## What is Fatigue?

Fatigue is a feeling of being very tired, weary or sleepy resulting from insufficient sleep, prolonged mental or physical work, or extended periods of stress or anxiety.



## What are the Symptoms?

- Tiredness
- Falling asleep against your will ("micro" sleeps)
- Irritability
- Depression
- Loss of appetite
- Increased susceptibility to illness

## Why is Fatigue a Workplace Health and Safety Hazard?

- Some research studies have shown that when workers have slept for less than 5 hours before work or when workers have been awake for more than 16 hours, their chance of making mistakes at work due to fatigue are significantly increased.
- Fatigue is regarded as having an impact on work performance and productivity.

## Effects of Fatigue



## What Employees Can Do to Avoid Fatigue

- Eat healthy, regular meals
- Drink water to stay hydrated
- Sleep at least 7-8 hours per night
- Avoid driving or performing other activities where you or others would be in danger if you fell asleep



## Guidelines for Managers

- Be aware of and manage staff overtime responsibly
- Minimize boring or repetitive tasks, which can intensify fatigue
- Maintain and set a good example of work-life balance