

# FATIGUE:

## WARNING SIGNS

**FATIGUE RESULTS FROM A LACK OF SLEEP AND CAN BE HEIGHTENED FROM PROLONGED MENTAL ACTIVITY OR LONG PERIODS OF STRESS OR ANXIETY. BORING OR REPETITIVE TASKS CAN ALSO INCREASE FEELINGS OF TIREDNESS.**

### WHAT IS FATIGUE?

#### **FATIGUE IS FEELING:**

- VERY TIRED
- EXHAUSTED
- WEARY
- SLEEPY

#### **KNOW THE:**

- SIGNS OF FATIGUE
- HAZARDS RESULTING FROM FATIGUE
- WORK-RELATED FACTORS INFLUENCING FATIGUE



**BC Forest Safety**

Safety is good business

# FATIGUE: WARNING SIGNS



## SIGNS OF FATIGUE

- MEMORY LAPSES
- DIFFICULTY CONCENTRATING
- SLOWER REACTION TIME
- TIREDNESS OR SLEEPINESS
- IRRITATED

## HAZARDS RESULTING FROM FATIGUE

- REDUCES THE ABILITY TO MAKE DECISIONS
- REDUCES COMMUNICATION SKILLS
- REDUCES ATTENTION
- REDUCES THE ABILITY TO HANDLE STRESS
- REDUCES REACTION TIME
- REDUCES PRODUCTIVITY AND PERFORMANCE

## WORK-RELATED FACTORS INFLUENCING FATIGUE

- EXTENDED HOURS OF WORK
- SHIFT WORK
- INADEQUATE TIME FOR SLEEP BETWEEN SHIFTS
- EARLY OR LATE SHIFTS, CHANGING SHIFTS
- JOB DESIGN

## NON-WORK RELATED FACTORS INFLUENCING FATIGUE

- EXTENDED COMMUTING TIMES
- HEAVY FAMILY AND SOCIAL OBLIGATIONS
- HIGH LEVEL OF COMMUNITY ACTIVITIES
- EMOTIONAL ISSUES (FOR EXAMPLE, RELATIONSHIP PRESSURES)
- AGE
- POOR HEALTH AND FITNESS LEVELS

