

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**



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