



**BC Forest Safety**

Safety is good business

# HEALTH AWARENESS: FATIGUE AND SLEEP HEALTH



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DATE: \_\_\_\_\_ FILE NUMBER: \_\_\_\_\_ DISCUSSION FACILITATED BY: \_\_\_\_\_  
(IF APPLICABLE)

Use this **Crew Talk** to lead and document a worksite conversation on the role of fatigue and sleep in staying alert and healthy while on the job.

## KEY POINTS:

- Fatigue affects your health, mood and ability to concentrate. It also affects your ability to make good decisions and react quickly. In other words, your risk of disease, personal relationships, ability to do your job and your safety all depend on your fatigue level.
- The only way to recover from fatigue is to sleep, but the duration, quality and timing of sleep will determine how well your sleep restores you.
- It's hard to find the time to get enough sleep, so it's important to take actions to make sleep a priority and ensure your sleep quality is as high as possible.
- If you are overweight, snore, or have a thick neck, and you do not sleep well, you may have sleep apnea. This condition leads to poor health and high levels of fatigue. Get tested and use available treatments if you test positive. Your life and the lives of others depend on it.
- Develop a pre-bedtime ritual. Avoid caffeine (6 hours prior), alcohol and nicotine, keep the lighting level low including not using your computer, tablet or phone. Don't watch TV or listen to loud music. Instead do something relaxing like read for 10 minutes, take a warm bath or shower, or do a bit of meditation to clear your mind.

## DISCUSSION LEADS:

- Ask how much sleep most people are getting. Encourage your crew to start recording the number of sleep hours and the quality of their sleep.
  - If someone on the crew consistently records feeling fatigued, ask if they have any risk factors for sleep apnea and encourage them to undergo testing if warranted. Encourage a discussion around things that people find helpful for managing fatigue like consuming coffee, exercising vigorously for five minutes, getting some fresh air, etc. Discuss things that they can do like taking breaks and resting at work, finding alternate work duties that can be done safely when fatigued or even a regular check-in throughout their shift.

- Discuss with your crew if they think fatigue impacts their performance on the job? Their safety? Their communication skills?
  - Encourage people to tell stories about any close calls or interpersonal conflicts in the past month. Was fatigue a factor?
- Discuss what barriers get in the way of getting enough sleep?
  - Choose one or two reasons and brainstorm ways to get around the barriers.

## RESOURCES:

### Fatigue and Sleep Health information sheet

[https://www.bcforestsafesafe.org/wp-content/uploads/2021/03/res\\_BCFSC\\_Fatigue\\_Backgrounder.pdf](https://www.bcforestsafesafe.org/wp-content/uploads/2021/03/res_BCFSC_Fatigue_Backgrounder.pdf)

### Fatigue and Sleep Health Poster:

[https://www.bcforestsafesafe.org/wp-content/uploads/2021/03/res\\_BCFSC\\_Fatigue\\_Poster11x17.pdf](https://www.bcforestsafesafe.org/wp-content/uploads/2021/03/res_BCFSC_Fatigue_Poster11x17.pdf)

### Report - Evaluation of Seeing Machines -An On board Fatigue and Distraction Monitoring System:

<https://www2.bcforestsafesafe.org/files/TR2019N1.pdf>

### WorkSafeBC - The Dangers of Fatigue in the Workplace:

<https://www.worksafefbc.com/en/health-safety/hazards-exposures/fatigue-impairment>

DOCUMENTATION: I CONFIRM THAT I TOOK PART IN THIS DISCUSSION AND UNDERSTAND THAT FATIGUE AND SLEEP ARE CRITICAL TO MY GOOD HEALTH, MOOD, CONCENTRATION, AND JOB PERFORMANCE AND SAFETY.

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PRINT NAME:

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SIGNATURE: