

WORKER FATIGUE

Most companies have a policy called "fit for work" to address impairment in the workplace. While impairment is commonly associated with the use of alcohol or drugs, it can also stem from other factors such as fatigue, medical conditions or emotional stress.

Impairment due to worker fatigue can be caused by both work-related and non-work-related factors and poses a significant risk. It should be treated as a workplace hazard.

What can you do when you encounter fatigue in the workplace?

- IDENTIFY
- ASSESS
- CONTROL



BC Forest Safety

WORKER FATIGUE



IDENTIFYING FATIGUE AT WORK:

- Slow reaction times
- Frequent yawning and eye rubbing
- Impatience and irritability
- Increased errors
- Inattentive to work
- Increased tendency to take risks

ASSESS WHAT MAY BE CAUSING THE FATIGUE:

- Lack of sleep – not only in duration but in quality
- Prolonged work tasks with a high degree of mental alertness or physical exertion
- Work environment – temperature/ergonomic design/poor lighting
- Lifestyle choices – diet/exercise
- Medical conditions – such as undiagnosed Sleep Apnea
- Relationship stresses

CONTROLLING FATIGUE:

Promote ways to ensure a better sleep – both quality and quantity

- Regular exercise
- Balanced diet
- Stay hydrated
- Avoid caffeine, tobacco or alcohol close to bedtime
- Limit screen time while in bed and if possible, turn off the ringer of your phone
- Sleep in a dark, cool room
- If you work in a seated position (in a booth or piece of mobile equipment) take a moment to stand and take a few deep breaths
- Take micro breaks and stretch when possible
- Maintain a healthy work/life balance
- Report issues with your work environment to your supervisor and/or JOHSC member
- Contact your Employee Assistance Program for help if needed with lifestyle/relationship issues

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