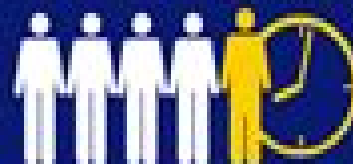


FATIGUE AND WORK

Fatigue is the state of feeling very **tired**, **weary** or **sleepy** resulting from insufficient sleep, prolonged mental or physical work, shift work, or extended periods of stress or anxiety.

Boring or repetitive tasks can intensify feelings of fatigue.

repetitive
repetitive
repetitive



Five shift worker in **five** zones off during a shift. ⁽¹⁾

SIGNS



Shift, evening, rotating and irregular shifts are associated with an increased risk of occupational injury due to **worker fatigue**, **less supervision** and **reduced co-worker support**. ⁽²⁾

Staying awake for **24 hours** straight affects the human body almost exactly like a blood alcohol level of **.10%**, which exceeds Canada's legal limit for drivers.



Impacts of fatigue

DECREASED

- decision making ability
- ability to do complex planning
- communication skills
- productivity / performance
- attention and vigilance
- ability to handle job stress
- reaction time
- memory / ability to recall details

- tendency for risk-taking
- forgetfulness
- errors in judgement
- sick time and absenteeism
- medical costs
- accident rates

INCREASED

Fatigue is regarded as having an impact on work performance. Most accidents occur when people are more likely to want sleep – between **midnight and 6 am**, and between **1-3 pm**. ⁽³⁾



Fatigue is increased by...



Tips for workers

- EAT** a healthy diet that promotes long-lasting energy. Complex carbohydrates (bananas) are preferable to simple carbohydrates (sugars). Avoid fatty foods and junk food.
- ADOPT** a steady exercise routine that includes cardiovascular, muscle strengthening and flexibility workouts.
- GET** to get at least 7.5 - 8.5 hours of sleep per night.
- STAY** positive. Make a conscious effort not to be overwhelmed by negative circumstances.
- AVOID** driving if you are tired, especially in inclement weather where caution is required.
- AVOID** excessive noise.

Advice for employers



- ENQUIRE** the work environment does not promote fatigue. Try to avoid dim lighting, steady temperatures, and excessive noise.
- ADAPT** job tasks to eliminate repetition or long periods of boring, monotonous work.
- DECOMPOSE** and encourage taking breaks.
- TRAIN** workers on the importance of getting enough rest and how to achieve work-life balance.
- REDUCE** overtime shifts, and rotate shifts in the direction of the sun (morning, afternoon, night, in that order).

(1) <http://www.ccohs.ca/oshweb/ergonomics/shiftwork.htm>
 (2) <http://www.ccohs.ca/oshweb/ergonomics/shiftwork.htm>
 (3) Health, Human Resources and Employment, Fatigue, Extended Work Hours, and Safety in the Workplace in Workplace Health and Safety, June 2004, last modified August 2010

Stress Workload And Fatigue

B Lingard



Stress Workload And Fatigue:

Stress, Workload, and Fatigue Peter A Hancock, Paula A. Desmond, 2019-12 The purpose of this volume is to seek out describe and explain the shared commonalities of stress fatigue and workload To understand and predict human performance response we have to reach beyond the sterile information processing models to incorporate the emotive affective or more generally energetic aspects of cognition These facets of behavior surface most readily when the individual acts under stress is faced by significant cognitive workload or is in the grip of fatigue However energetic characteristics are pervasive and exert a vital and ubiquitous influence even when they are not obviously in play as in extreme circumstances Indeed one cannot hope to understand behavior without their inclusion and integration into models and theories This text addresses such theoretical questions as one of its main thrusts However in addition to the drive for scientific understanding there are requirements in our progressively more utilitarian society which generate the need for a more fundamental understanding of this particular topic

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