



SAFETY TALK

FATIGUE IMPAIRMENT IN THE WORKPLACE

Fatigue impairment in the workplace refers to a state of physical or mental exhaustion that reduces a worker's ability to perform their duties safely and effectively.

The cause of fatigue can be **work-related, personal, or both**. Fatigue can also be short term, or build up over time. Work related causes of fatigue may include:

- Prolonged or intense (mental or physical) tasks or jobs
- Sleep loss or disruption to your internal body clock
- Organizational change
- Travel or commuting time
- Hazardous working environments (working in the heat, noise levels, lighting, vibration)
- Work schedule (night shifts or being awake between midnight and 6 a.m.)
- Extended work hours or overtime
- Irregular shift rotation patterns
- Recovery time between shifts

EFFECTS OF FATIGUE

- Impaired judgment
- Reduced productivity
- Reduced alertness
- Longer reaction time
- Impaired memory
- Lower stress tolerance
- Poor communication
- Reduced physical capacity
- Lack of energy
- Difficulty concentrating or making decisions
- Increased risk of accidents

WHAT CAN I DO TO MANAGE FATIGUE?



Stay hydrated



Get plenty of sleep



Take frequent breaks



Eat well balanced meals



Exercise regularly

Safety is everyone's responsibility!

DATE: _____
FACILITY: _____

SAFETY TALK LEAD BY: _____
DEPARTMENT: _____

DISCUSSION QUESTIONS:

WHAT CAN I DO TO IMPROVE MY FATIGUE LEVELS?
HOW MIGHT MY FATIGUE LEVELS IMPACT MY JOB?

EMPLOYEE CONCERNS & IDEAS FOR IMPROVEMENT:

EMPLOYEES PRESENT:

FOLLOW UP ON CONCERNS:

If you have any feedback on the Safety Talks program or a suggestion for a Safety Talk, please contact a member of the Wellness & Safety Team or email healthpeihr@ihis.org.

Safety Talks can be found on the Staff Resource Centre at: <https://src.healthpei.ca/safety-talks>