

ARE YOU FATIGUED?

Fatigue is a dangerous impairment. Make sure you know when you're fatigued, so you can stay safe.

Fatigue is a reduced capacity to perform either cognitively or physically. It results from sleep loss, extended wakefulness, time of day factors, or workload. That means you'll experience:

- Increased drowsiness
- Reduced performance capacity
- A reduced margin of safety

Because of that, fatigue increases the likelihood of errors and incidents. The resulting costs can be personal, organizational, and even societal.



Coffee, energy drinks, and caffeine pills don't eliminate fatigue. Only sleep does.

Your fatigue levels continue to build until you get the restorative sleep you need.



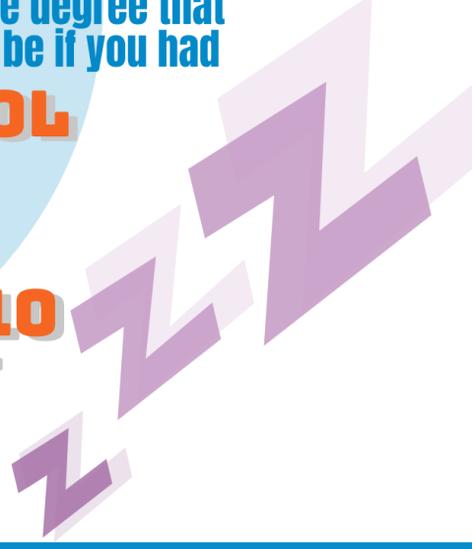
If you've been awake for **17 HOURS**

you're **IMPAIRED** to the same degree that you would be if you had

.05 BLOOD ALCOHOL CONTENT (BAC)

that means

24 HRS AWAKE = 0.10 BAC EQUIVALENT IMPAIRMENT



ARE YOU IMPAIRED?

Behavioural signs of fatigue

- Having difficulty concentrating
- Having difficulty remembering what you're doing
- ★ Forgetting procedures or instructions
- Having difficulty learning, including learning physical tasks and movements
- Having difficulty understanding and processing information
- Lacking motivation
- Experiencing heightened emotions
- Increased irritability and frustrations
- ★ Making more mistakes than usual
- ★ Acting impulsively
- ★ Taking more risks than usual
- ★ Feeling overwhelmed or overworked
- ★ Feeling angry or aggressive

Physical signs of fatigue

- Rubbing your eyes or blurred vision
- Reduced reaction times
- Clumsier than usual
- Yawning
- Lack of energy, working slower
- ★ Dropping or bobbing your head
- ★ Drifting off

IF YOU RECOGNIZE THESE SYMPTOMS IN YOURSELF, ASK...

Am I exhibiting 3 or more symptoms?

Have I had less than 12 hours of sleep in the past 48 hours?

If you answer **yes** to any of these questions, speak with your **supervisor** before continuing to work. Together, you can determine a way to **reduce your risks** and **improve your safety, and your health.**

Have I had less than 6 hours of sleep in the past 24 hours?

Am I exhibiting 1 or more starred symptoms?

By the time my shift ends today, will I have been awake for more than 17 hours?

TAKE SAFETYVANTAGE'S FATIGUE IMPAIRMENT COURSE AND LEARN HOW TO MITIGATE FATIGUE RISKS AND KEEP YOUR WORKFORCE SAFE, TODAY!