



# NORSTEEL SAFETY SENTINEL

## PROMOTING A SAFE WORKING ENVIRONMENT

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# FATIGUE IMPAIRMENT

FATIGUE IS A COMMON FORM OF IMPAIRMENT IN THE WORKPLACE. FATIGUE IS NORMAL. SO MOST WORKERS WILL BE FATIGUED ON THE JOB AT SOME POINT.

### CAUSES OF FATIGUE

The most common cause of fatigue is not getting enough sleep or having poor sleep quality. Fatigue can also be caused or intensified by factors related to the workplace task, the work environment, or scheduling, including factors such as the following:

- Repetitive or strenuous tasks
- Temperature
- Noise levels
- Light levels
- Vibration
- Night shifts or being awake between midnight and 6 a.m.
- Extended work hours or overtime
- Irregular shift rotation patterns
- Physically or mentally demanding work



### Fatigue Symptoms



Impaired judgment



Reduced productivity



Reduced alertness



Longer reaction time



Impaired memory



Risky behavior



Lower stress tolerance



Poor communication



Reduced physical capacity

### Effects OF

### FATIGUE IMPAIRMENT

Fatigue reduces a person's ability to work safely and effectively, and increases the risk of injury when workplace hazards are present.

Fatigue can influence us in many ways. Fatigue reduces:

- Alertness and vigilance
- Reaction time and the ability to react appropriately
- Memory and recall
- Ability to make effective and/or quick decisions
- Information processing
- Effective communication

### Reducing the Risk

Consider the effects of fatigue in relation to your specific workplace processes and tasks, and evaluate the potential for harm when workers are fatigued. Managing risks associated with fatigue begins with these three steps:

- ⇒ Identify workplace activities where being fatigued could increase the risk of harm
- ⇒ Assess the level of risk associated with each of the identified hazards, how fatigue increases the risk of harm, and who may be affected
- ⇒ Implement control measures to manage the risk

Examples of control measures include the following:

- Eliminate safety-critical work between the hours of midnight and 6 a.m.
- Design the work environment with good lighting, comfortable temperatures, and reasonable noise levels.
- Develop shift schedules and rotations that minimize the effects of fatigue.
- Provide education and training to workers about:
  - Causes and consequences of fatigue
  - Processes for reporting fatigue and other forms of impairment
  - Workplace policies about fatigue and other forms of impairment
- Sleep hygiene practices and sleep disorder screening

### WORKPLACE FATIGUE

Causes of Fatigue

