

# Safety-Gram

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## FATIGUE and WORK... KNOW the SIGNS!



**WHAT IS FATIGUE?** A feeling of being very tired, exhausted, weary or having a lack of energy that does not go away when a person rests.

**TIREDDNESS  
or  
SLEEPINESS**

**IRRITABILITY**

**SLOW  
REACTION  
TIMES**

**MEMORY  
LAPSES**

**TROUBLE  
FOCUSING**

### TYPES OF FATIGUE

- Mental Fatigue
- Physical Fatigue
- Emotional Fatigue
- Stress Fatigue

### CAUSES OF FATIGUE

- Inadequate Sleep
- Dehydration
- Repetitive Tasks
- Poor Lighting
- Skipping Meals
- Medical Conditions
- High Temperatures
- High Noise Levels
- Long Work Hours

### EFFECTS OF FATIGUE

- Reduces ability to make decisions
- Reduces production & performance
- Reduces reaction time
- Reduces ability to handle stress
- Increases errors in judgement

Sleep deprivation can interfere with a person's ability to work safely by reducing their reaction time, motor control, decision making and awareness. Risking less sleep means risking more injury. Try to go to bed earlier each night to recharge your body so you will be rested and ready for the next day.

**FATIGUE CAN IMPAIR AN INDIVIDUAL'S ALERTNESS AND PERFORMANCE TO TASKS, AND CAN AFFECT YOUR HEALTH AND YOUR SAFETY!**