

Recognizing Signs of Fatigue & Preventing Accidents

Key Safety Points:

- **Fatigue Symptoms:** Recognize the physical and mental signs of fatigue, which may include drowsiness, lack of focus, irritability, and slower reaction times. Fatigue can impair decision-making and increase accident risk.
- **Work/Rest Schedule:** Establish and maintain regular work and rest periods to avoid overexertion. Make sure to get adequate sleep before starting a shift or working with heavy machinery.
- **Hydration & Nutrition:** Staying hydrated and eating balanced meals help maintain energy levels throughout the day. Avoid heavy meals right before work, as they can contribute to sluggishness.
- **Workload Management:** Avoid overloading workers with tasks that extend into long hours without breaks. Consider rotating shifts or responsibilities to prevent burnout and allow for proper recovery.
- **Take Breaks:** Regular breaks help combat fatigue. Encourage workers to step away from their tasks and take short breaks, especially during long shifts or strenuous activities.
- **Report Fatigue:** Encourage workers to speak up if they're feeling fatigued or overwhelmed. It's essential for the team to prioritize well-being over productivity to avoid accidents.