

# OCTOBER *Safety Talk*

## Topic: Fatigue Avoidance

Performing your work while fatigued is one of the leading causes of injury at the workplace and home, and can lead to:

- Getting injured from equipment pinch-points
- Poor understanding of operating instructions
- Mis-reading controls and gauges
- Poor response time to emergency incidents and near misses
- Short cuts or poor work performance
- Not enough energy to do the job correctly
- Inability to handle multiple tasks at the same time



Here are a few tips to help ensure you arrive at the workplace alert every day and ready for work:

- Limit coffee and artificial stimulants
- Eat a balanced diet and drink enough fluids to stay hydrated; ensure a balance of proteins, carbohydrates and vitamins
- Sleep a minimum of 7 hours per day and strive for work/life balance; allow adequate time to re-charge for the next work day
- Exercise: stretch the muscles each morning and after breaks
- Drink plenty of water, particularly in hot working environments