



Understand fatigue and anticipate the risk.

Workers can help themselves by reducing the effects of fatigue by getting enough rest and taking care of themselves.

It takes a team approach to manage fatigue in the workplace.

FATIGUE IN THE WORKPLACE

Workplace policies may help reduce fatigue and make it a priority issue.

- Encourage employees to rest and relax
- Make it easy to talk about and address problems
- Actively monitor for issues

Create an alert workplace.

- Environmental considerations, such as ventilation, noise, lighting, scenery
- Encourage healthy eating, chatting and resting
- Switch it up, cycle workers through several areas and tasks to prevent boredom and repetition

Smart scheduling:

- Plan ahead, schedule shifts early in advance, and include non-work plans
- Consider carefully start and end times for shifts

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