

# Good Enough Mindset – Picture This



## FATIGUE AND WORK

Fatigue is the state of feeling very **tired, weary** or **sleepy** resulting from insufficient sleep, prolonged mental or physical work, shift work, or extended periods of stress or anxiety.

**Boring** or **repetitive** tasks can intensify feelings of fatigue.

**repetitive**  
**repetitive**  
**repetitive**

### SIGNS

- increased vulnerability to illness
- sleepiness
- giddiness
- irritability
- loss of appetite
- depression
- digestive problems

Staying awake for **24 hours** straight affects the human body almost exactly like a blood alcohol level of **.10%**, which exceeds Canada's legal limit for drivers.

**10%** **24hrs**

**One shift worker in five** dozes off during a shift.<sup>[1]</sup>

**Night, evening, rotating** and **irregular** shifts are associated with an increased risk of occupational injury due to **worker fatigue, less supervision** and **reduced co-worker support**.<sup>[2]</sup>

### Impacts of fatigue

**DECREASED**

- decision making ability
- ability to do complex planning
- communication skills
- productivity / performance
- attention and vigilance
- ability to handle job stress
- reaction time
- memory / ability to recall details

**INCREASED**

- tendency for risk-taking
- forgetfulness
- errors in judgement
- sick time and absenteeism
- medical costs
- accident rates

Fatigue is increased by...

- dim lighting
- limited visual acuity
- high temperatures
- high noise
- high comfort
- tasks over long periods of time
- long, repetitive and monotonous tasks

### Tips for workers

- EAT** a healthy diet that promotes longer-lasting energy. Complex carbohydrates (starch) are preferable to simple carbohydrates (sugar). Avoid fatty foods and junk food.
- ADOPT** a steady exercise routine that includes cardiovascular, muscle strengthening and flexibility workouts.
- TRY** to get at least 7.5 - 8.5 hours of sleep per night.
- STAY** positive. Make a conscious effort not to be overwhelmed by negative circumstances.
- AVOID** driving if you are tired, especially in inclement weather where vision is impaired.
- AVOID** excessive noise.

### Advice for employers

- ENSURE** the work environment does not promote fatigue. Try to avoid dim lighting, toasty temperatures, and excessive noise.
- VARY** job tasks to eliminate repetition or long periods of boring, monotonous work.
- INCORPORATE** and encourage taking breaks.
- TRAIN** workers on the importance of getting enough rest and how to achieve work-life balance.
- INTRODUCE** shorter shifts, and rotate shifts in the direction of the sun (morning, afternoon, night, in that order).

Fatigue is regarded as having an impact on work performance. Most accidents occur when people are more likely to want sleep – between **midnight and 6 am**, and between **1-3 pm**.<sup>[3]</sup>

**midnight-6am**  
**1-3pm**

**CCOHS.ca**  
Canadian Centre for Occupational Health and Safety

[1] <http://www.ccohs.ca/newsletters/foreport/issues/2007/11/e/line.html>  
[2] <http://www.ccohs.ca/osh/newsletters/ergonomics/shiftdark.html>  
[3] Alberta Human Resources and Employment, Fatigue, Extended Work Hours, and Safety in the Workplace in Workplace Health and Safety, June 2004, Reformatted August 2010

Source: <https://www.ccohs.ca>