OSHA: Fatigue and Stress Awareness



Key Takeaways:

– Observing work-related stress and identifying the factors that cause it to occur.
– Understanding the relationship between stress and complacency.
– Acknowledging the impact of fatigue as a contributing factor to stress.
– Learning potential warning signs of stress and fatigue at work.
– Learning techniques to manage and reduce stress on the job.

Course Description

This course is meant to provide a discussion on the issues and consequences of fatigue, complacency, and stress in the workplace. In addition, it will provide guidance on techniques employed to mitigate these issues and their effects on worker performance and safety. Stress and fatigue have a significant influence on the workplace in a variety of ways. There’s the obvious, these hazards reduce overall productivity, but more seriously, they lead to poor decision making. Your safety requires complete focus and only the best decisions, and stress and fatigue both have the potential to risk your life. It could mean falling asleep at the wheel, rushing tasks, momentary distraction, or many more things that have the potential to take lives in a second. This course will teach you how to identify stress and fatigue in yourself and others so that you can approach it correctly. Approaches to these hazards can differ, but you must know how to be aware of it first.