



Toolbox TALK

PREVENTING FATIGUE

Long work hours, a heavy workload, lack of sleep, environmental factors, and medical conditions can all contribute to fatigue. Fatigue causes slow reaction times, increased errors, and decreased cognitive abilities—which result in increased injuries. Studies of U.S. workers show that those who slept less than 5 hours per day had nearly 3.5 times more injuries than those who received an average of 7 to 8 hours of sleep per day.

Take the following steps to avoid fatigue:

- Ensure you sleep 7 to 9 hours daily without disruptions.
- Try to sleep during the same timeframe every day.
- Avoid drinking caffeine before bedtime to improve sleep quality.
- If you work evenings or nights, make sure you sleep within the last 8 hours before you go to work.
- If you nap before work, make sure to nap for less than 45 minutes or more than 2 hours to allow for a complete sleep/wake cycle.
- Ensure your sleeping environment is comfortable, cool, dark, and quiet.
- Exercise regularly, eat a balanced diet, and maintain a healthy weight.
- If you have difficulty sleeping, keep a sleep diary and talk to your doctor.



Date:

ATTENDANCE RECORD

SUPERVISOR:

CREW MEMBERS PRESENT:

COMMENTS/FEEDBACK: