



Fatigue Management Information

CAGC INFORMATION ALERT

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Purpose: Fatigue is an issue that most employers and workers deal with on an ongoing basis. From, working long hours; the stress of being away from home; the stress to get home as soon as they can; fatigue is a part of our employers and workers daily schedule. The purpose of this alert is to provide some information on fatigue to industry personnel

Defining Fatigue

Fatigue can be defined as a state of reduced mental and physical alertness or functioning caused by sleep-related disruption or deprivation. The reduced mental and physical alertness may be a result of:

- extended work hours
- insufficient sleep or the effects of sleep disorders
- medical conditions (sleep disorders)
- pharmaceuticals (prescription or non- prescription) which impact sleep or increase drowsiness
- alcohol consumption

Recognizing fatigue is vital:

Fatigue is a state of feeling very tired, exhausted, weary, or sleepy. Fatigue results from a lack of sleep and can be heightened from prolonged mental activity or long periods of stress or anxiety. Boring or repetitive tasks can also intensify feelings of fatigue.

Supervisors and workers must understand how to recognize the immediate signs and symptoms of fatigue, which include the following:

<ul style="list-style-type: none">• Tiredness or sleepiness• Memory lapses• Difficulty concentrating• Slower reaction times• Inability to make decisions• Inability to do complex planning• Lower productivity and performance	<ul style="list-style-type: none">• Slower Reaction time• Inability to recall details• Inability to respond to changes in surroundings or information provided• Inability to stay awake• Increased forgetfulness• Increased errors in judgment• yawning
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How to help your workers stay safe:

Create shift schedules that give workers enough time for continuous sleep.

If the job requires long hours or overtime, consider that your workers will need enough time for other daily activities, such as commuting, preparing and eating meals, socializing, and relaxing.

Provide a work environment that has good lighting, comfortable temperatures, and reasonable noise levels. Ensure that jobs provide some variety, with work tasks that change throughout the shift. Be flexible when assigning tasks — assign workers who may be fatigued to tasks that aren't safety sensitive.

If your workplace has long shifts or frequent overtime, consider providing amenities, such as the following:

- Prepared meals
- On-site accommodations
- Facilities where workers can nap either during the shift or before driving home
- Organized transport home (bus, plane, etc) to avoid the long driving time after shifts.
- Organized carpools home to provide multiple drivers if one is fatigued.

Other resources

- Human Factors Bulletin 2009-03 (WorkSafeBC)
- HSE Human Factors Briefing Note No. 10: Fatigue (Health and Safety Executive)
- Shift Work and Fatigue online program (Work Safe Alberta)