

Fatigue

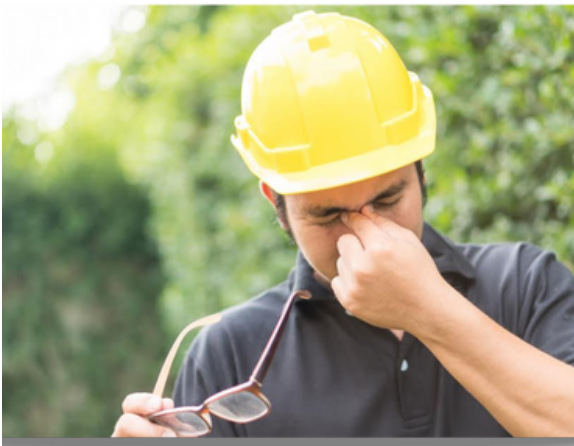
First Aid Fact Sheet

Fatigue is more than just a case of feeling tired or drowsy. It can include both mental and/or physical exhaustion, which can impact you to do your job safely. This could result in injury.



Signs & Symptoms

- Blurred vision or impaired visual perception
- Feeling unusually tired or drowsy/lack of energy
- Headaches
- Feeling dizzy
- Finding it difficult to concentrate/memory problems
- Finding it difficult to get up from sleep during days off work
- Muscles feel sore or ache/Muscle weakness
- Reflexes and responses are slower
- Changes in behaviour such as increased moodiness and irritability
- Impaired decision-making and judgement



Ways to manage fatigue risks

1. Maintain Safe Systems of work
 2. Review/evaluate work schedules/work rosters
 3. Support workers to identify and report fatigue related hazards
 4. Conduct safety surveys incorporating questions related to fatigue management.
 5. Introduce a worker well being program
 6. Risk Assess hazardous manual tasks to ensure appropriate controls are being used.
 7. Include a wellbeing focus into the Safety Management Plan and WHS policy.
 8. Train selected personnel in Mental Health First Aid to support and recognise symptoms of mental health impacts.
 9. Ensure incident investigations are undertaken to determine if fatigue risks were present and/or contributed to the incident.
 10. Introduce Fitness for Work policies.
 11. Review levels of absenteeism
 12. Ensure that you have appropriately trained First Aiders to respond to any emergency that may arise.
- Remember - Safety is everyone's responsibility.

In a medical emergency call Triple Zero (000)

You could save a life with First Aid Training

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This information is not a substitute for First Aid Training, FTA recommends attending first aid training courses.