

Fatigue Management



**PACIFIC NORTHWEST AGRICULTURAL
SAFETY AND HEALTH CENTER**
farming • fishing • forestry



**OCCUPATIONAL SAFETY AND HEALTH
CONTINUING EDUCATION**
ENVIRONMENTAL & OCCUPATIONAL
HEALTH SCIENCES



WASHINGTON STATE UNIVERSITY
EXTENSION



Fatigue Management

Learning Objectives

- Importance of sleep
- Importance of nutrition
- Identify strategies to improve well-being





ACTIVITY

ACTIVITY 3

How do you set yourself up for success?

What do you do the night before to set yourself up for the workday?

What habits or routines do you have that help you feel energized and ready to work?

Why does it matter?

**Reduced Risk of Injury
& Illness**

**Improved Work
Performance**

**Faster Recovery &
Reduced Sick Days**

**Increased Long-term
Health**

**Enhanced Workplace
Culture**





ACTIVITY

ACTIVITY 4

How do you take care of your truck?

Gas

Oil Change

Tires



Photo by DONGWON via pixabay

Tune-Up

Alignment

Overheating

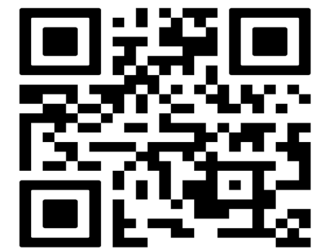
Fatigue is a Hazard

What is it?

Fatigue reduces a person's ability to work safely and effectively and increases the risk of injury.

Fatigue reduces your:

- Alertness and vigilance
- Reaction time and the
- Ability to react appropriately
- Memory and recall
- Ability to make effective and/or quick decisions
- Information processing
- Effective communication skills



Source: Forest Safety ACE
Training, UW Occupational
Safety & Health Continuing
Education

What factors increase risk of fatigue?

- Pace of work
- Heat
- Long hours
- Longer commutes
- Limited breaks
- Less than 8 hours of sleep
- Schedule changes



Employers are responsible for managing the risk of harm at work when workers become fatigued. Supervisors should encourage breaks during the day.



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Strategies to Improve Sleep

How much sleep do you need?

Between 7-9 hours per night

What are strategies to improve sleep?

- Consistent sleep schedule
- Dark, quiet, comfortable bedroom
- Avoid alcohol, caffeine, and large meals
- No screens before bed
- Hot bath or shower
- Develop a routine
- If needed during the day, a brief (30-minute) nap can increase your alertness

Sleep and Worker Safety

Did you know?

Workers with inadequate sleep are 70% more likely to be involved in a workplace accident.

How does sleep impact safety?

- Impairs cognitive function
- Reduces reaction times
- Decreases alertness
- Poor decision-making
- Increases risk of injury
- Expands recovery time
- Impacts mental health: stress, mood, energy levels

Nutrition and Worker Health

Did you know?

A healthy diet directly impacts your energy levels, alertness, and physical abilities – crucial to performing your job safely.

How does nutrition impact safety?

- Energy levels
- Mental sharpness
- Physical strength and endurance
- Immune system
- Risk of chronic disease
- Risk of heat and cold stress

Nutrition and Planning Meals

What does a balanced diet look like?

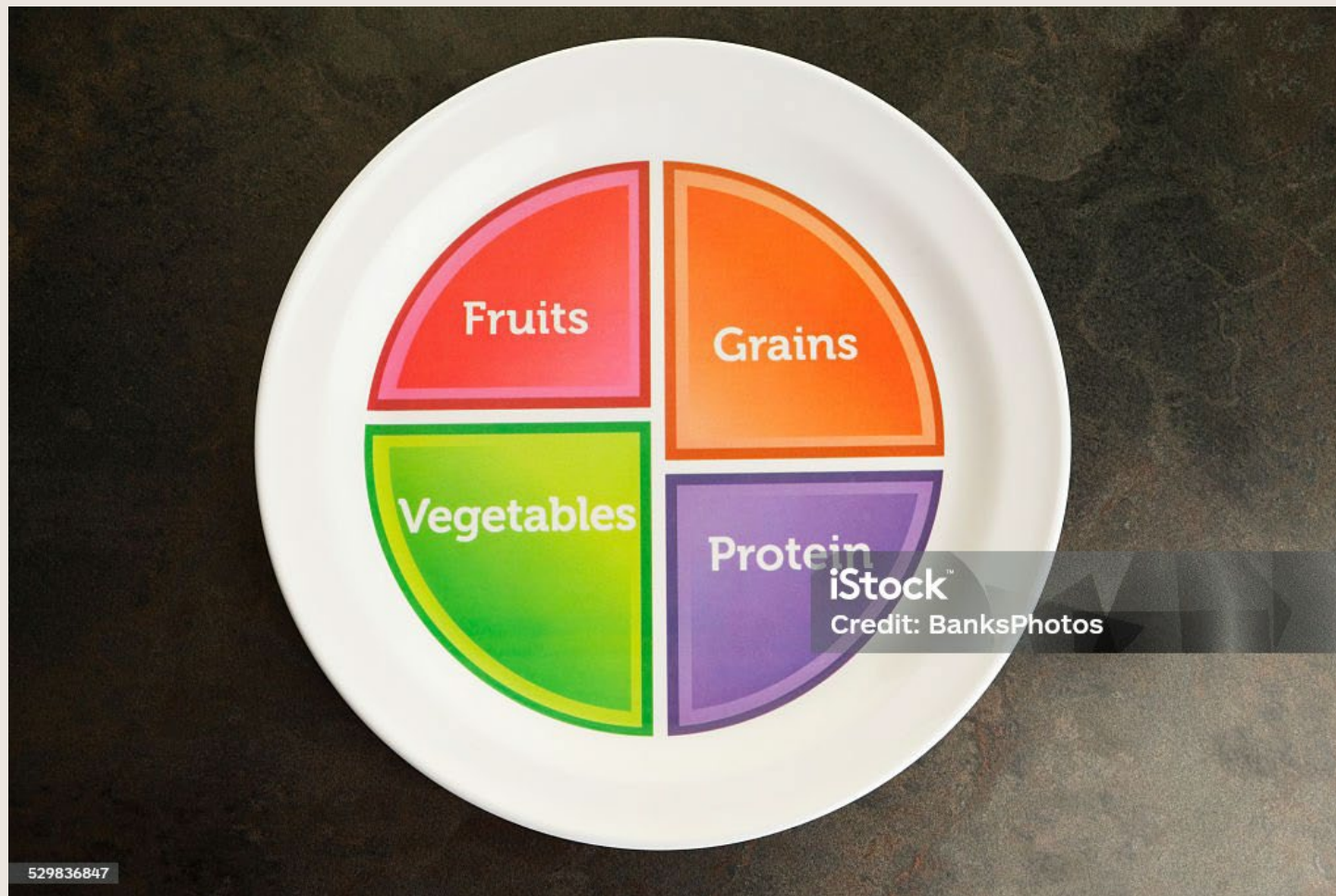


Photo by Banks Photos

Nutrition made Easier

What are healthy alternatives at gas stations?

- Fresh fruit
- Nuts and seeds
- Beef jerky
- Trail mix
- Crackers

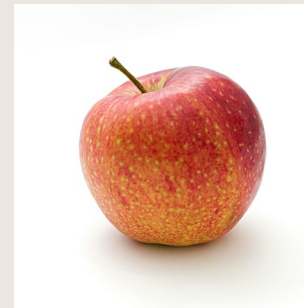


Photo by mali maeder:

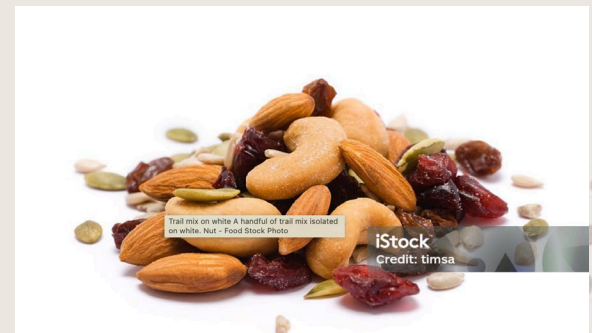


Photo by timsa

Nutrition made Easier

How can you adjust your burger order to make it healthier?

- Add veggies tomatoes, spinach, avocado
- Lean protein option like chicken or fish
- Grilled chicken instead of fried
- Light on the creamy sauces
- Add a side salad or veggies
- Drink unsweetened tea instead of soda



Photo by Valeria Boltneva:

What Causes Stress

What is it?

Stress is a physical and psychological response to demands or challenges.

What are common causes of stress?

- Work related pressures
- Financial Problems
- Relationship Problems
- Major life events
- Health issues
- Changing responsibilities

Strategies to Reduce Stress

How can I reduce Stress?

- Create a healthy routine
- Set realistic goals
- Open up
- Build your support system
- Avoid drugs and alcohol
- Say no when necessary

Strategies to Reduce Stress

What can employers do?

- Promote breaks
- Vacation or sick days
- Flexible schedules
- Encourage workers to share concerns
- Set clear expectations
- Balanced workloads



ACTIVITY

ACTIVITY 4

What would you tell your kid?

If your son, daughter, or family member was working here today, what advice would you give them about taking care of themselves?

Are you following the advice you would give them? Why or why not?

Resources

Be Heat Smart. Washington State Dept. of Labor & Industries

<https://www.lni.wa.gov/safety-health/safety-training-materials/workshops-events/beheatsmart>

Heat. U.S. Department of Labor. OSHA

<https://www.osha.gov/heat-exposure/standards>

Heat-related Illness. Centers for Disease Control

<https://www.cdc.gov/niosh/heat-stress/about/illnesses.html>

Heat Illness Prevention. PNASH Center

https://deohs.washington.edu/pnash/heat_illness

Heat Illness Prevention. UC Davis

<https://safetyervices.ucdavis.edu/units/ehs/workplace-safety-industrial-hygiene/heat-illness-prevention>

Knowledge Check



What are two changes you can make to reduce your fatigue on the job?

What are two strategies you can use to improve your nutrition?

Acknowledgements

This material was produced under grant number SH-000162-SH4 from the Occupational Safety and Health Administration, U.S. Department of Labor. It does not necessarily reflect the views or policies of the U.S. Department of Labor, nor does mention of trade names, commercial products, or organizations imply endorsement by the U.S. Government.

