Fatigue

What is Fatigue in the Workplace?

Fatigue is the state of feeling very tired, exhausted, weary, or sleepy. It is often caused by a lack of sleep, but can also be a result of prolonged mental activity, long periods of stress or anxiety, and boring or repetitive tasks. That means that even things like a rough commute into work in the morning, an argument with a friend or coworker, or worrying about a loved-one's health can all increase your levels of fatigue.

Dangers of Fatigue?

- reduce the ability to make decisions
- reduce communication skills
- reduce attention
- reduce the ability to handle stress
- reduce reaction time
- reduce productivity and performance

Signs of Fatigue?

- tiredness or sleepiness
- memory lapses
- difficulty concentrating
- slower reaction times

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What Can You Do?

- vary work tasks so you stay alert
- take regular breaks
- tell your supervisor or manager if you're feeling fatigued
- make sleep a priority
- improving the quality and quantity of your sleep
    - have a regular bed time routine
    - make sure your bedroom is dark, cool and comfortable
- choose what you eat and drink carefully
    - eat light nutritious meals (heavy meals make you drowsy)
    - drink plenty of water
    - minimize caffeine, nicotine, and alcohol intake before bed
- learn the warning signs of fatigue and to recognize them in yourself
    - take a break or powernap