

# HOW CAN WE PREVENT SLIPS, TRIPS, AND FALLS

# FATIGUE



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## WHAT IS FATIGUE?

Tiredness resulting from mental or physical exertion or illness; A reduction in the efficiency of a muscle or ability to think.

Fatigue may significantly affect the ability to communicate clearly, work safely and productively, and react optimally. Fatigue and related consequences, such as unintentionally falling asleep, may be a significant human factor resulting in a slip, trip, or fall injury!

### Fatigue occurs as a result of many challenges.

#### Physical

- ▶ Long work hours/shifts from multiple jobs
- ▶ Periods of physically demanding activities
- ▶ Static (standing) positions for long periods of time
- ▶ Not resting during break times
- ▶ Changes to job or shift rotation

#### Mental

- ▶ Periods of high concentration
- ▶ Excessive emotional/mental stress

#### Personal

- ▶ Changes in home environments
- ▶ New baby at home, new/changing caregiver roles
- ▶ Sleep disorder

## WHAT ARE COUNTERMEASURES?

How can we guard **against** fatigue?

### Evaluate and Plan

- ▶ Sleep schedules: Get 7-8 hours of quality sleep, each night, on a regular basis
- ▶ Eat a healthy diet: A nutritious diet provides lasting energy. Avoid high caffeine/high sugar energy drinks which may cause a “crash” in energy levels.
- ▶ Adopt an exercise routine, including cardio, muscle strengthening, and flexibility.
- ▶ Communicate with supervisors to ensure you are prepared for work schedules, including the physical and mental requirements.
- ▶ Set up wellness checks with team members on your shift.
- ▶ Take micro breaks. Stretch and move around.
- ▶ Identify plans to address personal challenges so you may concentrate/focus. ALWAYS focus on the task at hand!
- ▶ Maintain a positive attitude to avoid becoming overwhelmed by negative circumstances

**We can learn to recognize and control fatigue; one of the biggest human factors causing slips trips and falls!**

## HOW DOES FATIGUE RELATE TO SLIPS, TRIPS, AND FALLS?

Fatigue may impact our ability to concentrate on our work environment and job activities. Major activities affected by fatigue include how we think, walk, move, or handle equipment.

- ▶ Slower response times
- ▶ Less accuracy/muscle control
- ▶ Less accuracy in judgement
- ▶ Not focusing on the task at hand

We are less able to recognize hazards or may misjudge distances, height and timing. This may affect our ability to safely:

- ▶ See an obstacle/step over curbs
- ▶ Walk up/down stairs
- ▶ Judge reaction time while driving a vehicle, golf cart, Segway, or bicycle
- ▶ Recover (“catch” yourself) during a slip, trip or fall



## WHAT DO I DO IF I FEEL FATIGUE WHILE WORKING?

1. Notify your Supervisor immediately
2. Evaluate the need to modify or revise your planned activities
3. If fatigue is a result of a personal illness, seek medical attention