



## What is Fatigue?

As part of Safety Day: Do the Right Thing in Managing Fatigue, we are presenting a series of short articles to raise your awareness of fatigue and fatigue-related risks as well to give you some ideas and tips as to avoid these hazards and keep you and your family safe.

### What is fatigue?

Fatigue has many definitions. For PDO, fatigue is defined as a state of “progressive decline in alertness and performance of physical and mental activities”.

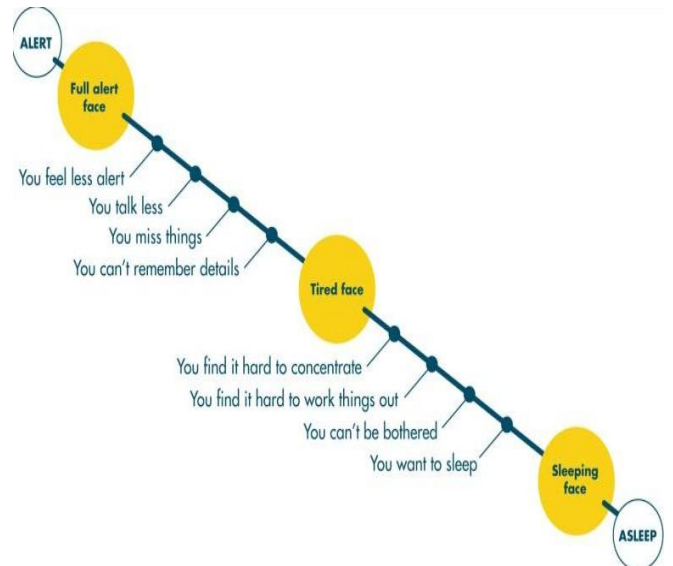
*It's your body's way of telling you it has had enough.*

The main causes of fatigue include working in hot and humid climate, working long hours outside normal schedule, sustained mental and physical effort, lack of adequate sleep, working against internal biological clock, lack of adequate and balanced diet, medical disorders, emotional issues, medication, drugs and alcohol.

### How does fatigue affect you?

- Slows your reflexes and reactions,
- You may have micro sleeps where the brain goes to sleep regardless of your activity,
- You may not make good decisions and hence make poor judgment,
- You may make more mistakes as you tend to take risks you usually wouldn't,
- You may not be able to communicate, concentrate or remember well,
- You may not notice things you usually would,
- You may be less productive or efficient,
- You may get moody and not handle stress well.

At work, all the above may place the worker at significant risk of causing serious accidents particularly in cases of safety critical tasks. Fatigue affects performance, whether at work or at home and thus has a negative impact on all aspect of your life.



Fatigue is a factor in more than 50% of single-vehicle collisions. Lack of sleep contributed to numerous tragic workplace incidents. It is imperative, therefore, that employers and employees take due care to manage fatigue at places of work.

### What PDO is doing to manage fatigue?

PDO is obliged to take due care, so far as is reasonably practicable, to protect the health and safety of its employees.

PDO has put in place fatigue management guidelines to help manage fatigue. Specific measures have been recommended to prevent and reduce fatigue related incidents at workplace.

We comply with the mandatory requirements as stipulated in the Regulation of Occupational Safety and Health Establishments, issued by the Ministry of Manpower under the Labour Law MD 286/2008.

PDO also believes that maintaining good health and safety of employees is good for business as it ensures sustained high performance and reduces costs related to loss of man-hours and loss of property.

For more information, please check the Safety Day 2010 website at:  
<http://sww1.pdo.shell.om/dept/cd/csm/blocks/hsefunction/safetyday2010.asp>.