



FATIGUE

“ Do the Right thing
in Managing Fatigue! ”

**Being informed is your
best defence against injuries
and incidents related to fatigue**

This pamphlet has information to help you
reduce the effects of fatigue in your life



PDO
Healthcare

WHAT IS FATIGUE?

It's your body's way of telling you it's had enough!

Fatigue is defined as progressive decline in alertness and performance which results in sleep. In simple terms, it means exhaustion, tiredness, sluggishness or sleepiness.

WHAT CAUSES FATIGUE?

■ Lack of Sleep

The major cause of fatigue is a lack of sleep. You may have a late night sleep and get tired next day, or you get too little sleep every night and develop a **sleep debt**. Lack of sleep contributed to numerous tragic workplace incidents.

■ Work Schedules

Work also plays a major role in developing fatigue. Physical and mental activities can make you tired whether on an oil rig or behind a computer. And in turn the effect of fatigue also affects your performance. Fatigue is also a factor in over half of single-vehicle collisions.

WHAT FATIGUE LOOKS LIKE

It is hard to realize that you are fatigued. Therefore it is important to recognize the fatigue warning signs below.

■ **Physical Symptoms/Signs**

- Yawning
- Eyes closing or vision going blur or out of focus
- Slower physical reactions
- Drowsiness and or microsleeps

■ **Mental Symptoms / Signs**

- Less alertness, poor concentration
- Inability to remember things
- Failure to respond to changes in your surroundings or situation
- Poor logic or judgment

■ **Emotional Symptoms/Signs**

Fatigue can cause mood changes from normal and stable to any of the following:

- Bored
- Depressed
- Restless
- Impatient

WHAT MAKES IT WORSE

it affects hard on:

■ Your Body's Sleep Cycle

Fatigue hits harder during natural sleep timings.

■ Your work conditions

Fatigue effects intensifies either by simple and monotonous tasks or complex tasks that are mentally too challenging and your tired mind can not cope with.

■ Environment

Working in environment, such as outdoors in the cold or heat or in a factory with a lot of noise or poor ventilation, can increase risk of fatigue. Even being away from home for long periods can affect you.

LOOK WHAT IT COULD DO TO YOU

- May slow your reflexes and reactions.
- You may have micro sleeps **(up to 60 seconds)**



black out) where the brain goes to sleep regardless of your activity. (It is quite risky if you are driving or doing work in hazardous conditions that causes numerous tragic workplace incidents).

- You may not make good decisions and hence make mistakes.
- You may not be able to solve problems.
- You may not be able to communicate, concentrate or remember well.
- You may not notice things you usually do.
- You may be less productive or less efficient.
- You may get moody and not handle stress well.

Fatigue affects people differently, but it can take a big toll on your body!

WHAT TO DO ABOUT IT?

Don't ignore Fatigue Signs!!

If you notice you have signs of fatigue, take immediate action and make sure that your fatigue doesn't make you a hazard to yourself or others!

Below is a list of temporary measures

■ Take a nap

Sleeping for about 20 minutes refreshes you and then you continue working safely. If you're driving, make sure you get off the road and sleep for a while in good ventilated condition.

■ Take a break

At workplace, stop what you're doing, walk around or exercise, get some fresh air.

■ Have a snack or fluid

Stay hydrated, eat light meals, avoid alcohol, drink lots of water.

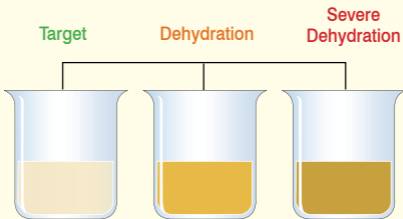
■ Do something else that's more interesting to stimulate your mind

IMPORTANT MEASURES FOR ALL

- ✔ Ensure that you do not carry out long hours of physical or mental activity.
- ✔ Take adequate breaks.
- ✔ Make sure that your shift work are properly managed to ensure you've sufficient and quality sleep.
- ✔ Report to your supervisor about your fatigue signs who can then try to re-assign you to a less risky task or let you rest.



- ✔ Follow journey management rules.
- ✔ Do not work in high temperatures and humidity.
- ✔ Take more precaution as life pattern changes during Ramadhan.
- ✔ Stay hydrated and avoid heat stress. Check your urine for hydration status (Pale yellow it means you are well hydrated and if it is dark yellow then it is a sign of being dehydrated). See chart below.



Urine Colour Chart



FATIGUE EVALUATION

Are you too tired? Take this test!

Evaluate your fatigue level. Think about the last month and rate yourself on a scale of 1 to 5 for each statement.

1 = Always 2 = Often 3 = Sometimes 4 = Rarely 5 = Never

Then add-up your score and check the rating scale below

■ I have a nice work/home life balance.	
■ I have lots of energy and enjoy life.	
■ I socialize with family and friends.	
■ I relate well with people and have a good sense of humor.	
■ I'm in control of my life and find ways to solve my problems.	
■ I sleep well and wake up refreshed.	
■ I don't get stomach aches, tense muscles or headaches.	
■ I do at least 30 minutes of moderate exercise five times a week.	
■ I eat 2 or 3 well-balanced meals a day.	
■ I eat breakfast every morning.	
■ I don't smoke.	
■ I have max. 2 alcoholic drinks a day.	
■ I enjoy my work and feel like I'm doing something useful.	
■ I'm close to being my proper weight.	
■ I don't have anxiety, low self-esteem and depression.	

What your SCORE indicates?

Total

15 to 22

Positive fatigue management behaviours.

23 to 38

Need some improvement.

39 to 75

You could be more at risk for the effects of fatigue.