SAFE OVER SUMMER

Managing Fatigue & Sleep

Fatigue is more than feeling tired — it's reduced alertness, slower reactions, and poor decision-making. It builds up from lack of rest, long shifts, irregular hours, or lifestyle factors. Summer heat, busy periods, and disrupted sleep make it worse. Managing fatigue starts before the shift begins.

Primary Risks & Hazards to Spot

- Reduced focus and slower reaction time
- Poor awareness of hazards and surroundings
- Microsleeps while driving or operating plant
- Impaired judgement and communication
- Extended hours, night shifts, or early starts
- Hot weather, dehydration, and poor recovery
- Disrupted sleep patterns from lifestyle or stress

Discuss / Share:

When do you notice your performance dropping due to fatigue?

What signs do you look for in co-workers who are overtired?

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Critical Controls

- Aim for 7–9 hours of quality sleep each night
- Keep a consistent sleep schedule — same time each day
- Avoid caffeine, alcohol, or screens 4–6 hours before bed
- Exercise regularly, but not right before sleep
- Create a dark, cool, quiet environment for rest
- Take regular breaks during long shifts or drives
- Stay hydrated and eat balanced meals
- Report fatigue early — never start a shift or drive if unfit for work

Discuss / Share:

What personal habits help you recover between shifts?

How does your team handle fatigue reporting or shift swaps?