Managing Fatigue & Sleep

Fatigue can reduce alertness, slow reactions and impair judgement, increasing the risk of incidents and injuries. Heat and dehydration can make it worse.

Report fatigue early if you are not fit for work. Manage fatigue before and during work.

Primary Risks & Hazards to Spot



- **Reduced focus and slower reactions**
- **Poor awareness of hazards**



- **Microsleeps while driving or operating plant**
- **Impaired judgement and communication**
- **Long hours, night shifts or early starts**



- **Heat, dehydration and poor recovery**
- **Disrupted sleep from lifestyle or stress**

Where can fatigue affect our work?



Long shifts and early starts: poor sleep or recovery can reduce focus and slow reactions at work.



Before and between shifts: disrupted sleep from stress or lifestyle can leave you fatigued at work.



Hot, demanding work: heat and dehydration can increase fatigue during a shift.

Where else?

What affects your sleep or leaves you fatigued at work?

How can we manage fatigue?

1. **Am I getting enough sleep?**
   Get 7–9 hours' quality sleep nightly. Keep a consistent routine, even on days off. Limit caffeine, alcohol and screens before bed.

2. **Can I recover well?**
   Keep sleep space cool, dark and quiet. Exercise regularly. Maintain a healthy lifestyle.

3. **Am I fit for work?**
   Take regular breaks on long shifts and drives. Stay hydrated and eat regular, balanced meals. Report fatigue early if you are not fit for work.

Which fatigue control will you use before your next shift?

Social Infrastructure & Citizen Services

Your safety comes first

The SI&CS Health, Safety and Wellbeing Team is here to help.

You don’t have to work through a safety concern alone.

Ask for support when:

You’re unsure

We can help you understand a hazard and discuss a safer way to work.

Something happens

We can help with hazard, incident and near-miss reporting and next steps.

You need support

We can work with you and your supervisor or manager to address health, safety and wellbeing concerns.

Do you know who is your HSW Business Partner?

Stop if the work is unsafe

Pause the task and move to a safe place. Speak up if something feels unsafe or you are unsure.

Notify your supervisor or manager

Report hazards, incidents and near misses promptly, even if no one is hurt. Explain what happened, where it is and who may be at risk.

Do not continue unsafe work

Keep the task stopped until the risk is addressed and your supervisor or manager confirms a safe way forward. Ask for help if you are unsure.