

Tips  
**Fatigue**

*Getting 8 hours sleep a night will make  
your day safer*



# Fatigue

**Fatigue is extreme tiredness and comes about after long periods of mental or physical exertion and lack of good, uninterrupted sleep.**

**The signs of fatigue include:**

- feeling constantly tired
- excessive yawning
- lacking energy
- bad moods or headaches.

Fatigue reduces your ability to perform work safely and effectively. Under the Health & Safety Act, we all have a responsibility to manage fatigue.

**How you can minimise fatigue:**

- sleep! 8 hours is ideal – every night
- drink plenty of water throughout the day
- don't skip your breaks
- get a life! Have things you look forward to outside of work – family, friends, sports, gigs, whatever it takes to switch off from work.

If you're buggered, don't bugger it up for everyone else. If you feel tired or exhausted - tell someone. We need to manage all risks on this site; we're not going to judge or punish you for being honest.

Some questions:

- What are some of the signs of fatigue?
- Who's responsible for preventing and managing the risk of fatigue?
- What can you do to combat fatigue?