

SEPTEMBER SAFETY BULLETIN –SELF-CARE AND FATIGUE MANAGEMENT



The September Safety Bulletin focuses on self-care month and fatigue management.

Self-Care Month Strategies

The physical self-care strategies include:

- Develop a regular sleep routine.
- Aim for a healthy diet.
- Take regular exercise.

Self-care refers to activities undertaken with the intention of enhancing energy, restoring health, and reducing stress. There are so many benefits to self-care, including having a greater capacity to manage stress, increased resilience and having reduced symptoms of mental health issues.



Another issue that we need to keep an eye out for the month of September is fatigue management which in a work context is mental and/or physical exhaustion that reduces your ability to perform your work safely and effectively.

Fatigue Signs and Causes

Signs of fatigue can include:

- Tiredness even after sleep
- Reduced hand-eye coordination or slow reflexes.
- Short term memory problems and inability to concentrate
- Blurred vision or impaired visual perception
- A need for extended sleep during days off work.

Causes of fatigue can be work related, personal or a combination of both. They can also be short term or can accumulate over time. Work causes of fatigue can include prolonged or intense mental or physical activity, sleep loss or disruption, organizational change, and others.

Fatigue can result in a lack of alertness, slower reactions to signals or situations, and affect a worker's ability to make good decisions. This can increase the risk of incidents and injury in a workplace.

Fatigue Management

It is important to identify fatigue immediately so that they are managed, and it doesn't create a risk to health and safety at work. Consult and communicate with workers, managers, supervisors, and health and safety representatives, examining the work practices and systems of work, reviewing the workplace incident data is among the key areas of identifying causes of fatigue. More detailed information on fatigue management can be found in our HSE procedure TOT-HSE-PR-041.