



SAFETY TALK

Fatigue awareness

As we near the end of the construction season, crews may be working longer hours and fatigue can lead to accidents and injuries.

What's the danger?

Immediate symptoms of fatigue:

- Tiredness
- Memory lapses
- Difficulty concentrating
- Slower reaction times

Fatigue is hazardous; it impairs:

- Ability to make decisions
- Communication skills
- Ability to stay focused
- Reaction time
- Performance and productivity

How to protect yourself

Tips for workers

At work:

- Vary routine work tasks so you stay alert
- Take small breaks
- Tell your supervisor if you're feeling fatigued
- Work with your employer to manage fatigue-related risks in the workplace

Outside of work:

- Make sleep a priority
- Eat light, nutritious meals, drink plenty of water and limit your caffeine and alcohol intake
- Watch for the warning signs of fatigue in yourself

Print and review this talk with your staff, sign off and file for COR™ / SECOR audit purposes.

Date: _____

Performed by: _____

Concerns:

Employee Name:

Supervisor: _____

Location: _____

Corrective Actions:

Employee Signature:
