

Fatigue at Work

What is fatigue?

Fatigue is more than just feeling drowsy or tired.

It is a state of mental or physical exhaustion that stops a person from functioning normally.

Some things that can cause fatigue can be:

- Spending long periods awake, inadequate sleep
- Poor lifestyle choices
- Medical conditions
- Stress



Improving your fatigue

- Understand your sleep, rest & recovery needs
- Monitor your level of alertness & concentration
- Stay hydrated during your shift, take the time to stretch!

How fatigue affects you at work

Concentration. Performance.
Productivity. Safety.

There is a risk of injury in the workplace due to:

- Lack of alertness
- Slower reaction times
- Impaired decision making abilities

Signs of Fatigue

- Excessive yawning
- Headaches/Dizziness
- Inability to concentrate
- Blurred vision
- Slow reflexes
- Increase in sick days

If you have concerns about feeling fatigued at work

Speak with your Supervisor or Work Healthy Australia Onsite Health Provider.

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