

## TOOLBOX TALK #4

### REDUCE YOUR RISK OF FATIGUE

Decreases in attention, memory and concentration are only a few of the negative effects of fatigue.

Shift work, long commute times and other work factors can contribute to fatigue. It's time to reduce your risk. Do not accept fatigue as your new normal, the National Safety Council says. Ignoring the symptoms will only worsen your fatigue and increase safety risks for yourself and your co-workers.

You should aim to get at least seven hours of sleep every day. You don't want to be nodding off – a sign of extreme fatigue – at work or while behind the wheel. Falling asleep unintentionally at work or behind the wheel, even if only a few seconds, can put you at serious risk. Talk to a supervisor or co-worker if you're feeling too tired to work safely.

Other tips:

- When possible, eat your meals, go to bed and wake up at the same time every day.
- Choose a couple of relaxing activities, such as taking a warm bath or stretching, and do them before bed every night.
- Don't nap later in the day.

