What is Fatigue?

“The temporary inability, or decrease in ability, or strong disinclination to respond to a situation, because of previous over-activity, either mental, emotional or physical.” – OSH, Dept. of Labour
Causes of Fatigue

- Lack of or disrupted sleep
- Extreme conditions
  - High temperatures or noise levels
- Dim lighting or poor visibility
- Long, repetitive, difficult, boring or monotonous tasks
- Shift work
- Medications
- Sleep disorders
  - Sleep apnea, narcolepsy, insomnia

Effects of Fatigue

- Reduced ability to:
  - Make decisions
  - React quickly
  - Stay focused
  - Recall details
- More serious, long-term effects:
  - Depression
  - Anxiety
  - Digestive problems
In more relatable terms...

- One study published by the Safety Alliance of British Columbia reported fatigue can have similar effects to drinking alcohol
  - 17 consecutive hours awake is equivalent to a BAC of 0.05
  - 21 consecutive hours awake is equivalent to a BAC of 0.08
  - 24-25 consecutive hours awake is equivalent to a BAC of 0.10

How to Avoid Feeling Fatigued

- Get enough sleep
  - 7-9 uninterrupted hours each night
- Stick to a healthy diet and eat regularly
- Don’t watch TV or play on electronic devices before bed
- If you do feel tired, some short-term solutions include:
  - Caffeine
  - Exercise
  - Eliminating distractions
Sources