

Total Worker Health resources for KAUST live-aboard workers



Rest and fatigue

Fatigue is more than feeling tired and drowsy. In a work context, fatigue is a state of mental and/or physical exhaustion, which reduces a person's ability to perform work safely and effectively. It can occur because of prolonged mental or physical activity, sleep loss and/or disruption of the internal body clock. Risk factors that increasing the risk of fatigue include, working at night when the body is biologically programmed to sleep and working in harsh environments. Shift work can interrupt a person's body clock and when a person's body clock is out of step alertness decreases making them feel fatigued. This increases the risk of making errors and causing incidents and injuries in the workplace. Working extreme heat conditions can contribute to fatigue and can make you tire quicker and impair performance while at work. The optimum amount of sleep varies for each person, however, an adult generally requires seven to nine hours of sleep daily. The most beneficial sleep is deep undisturbed sleep taken in a single continuous period. It is recommended you avoid drinks with caffeine prior to bedtime to improve sleep quality. If working evening or nights, make sure that sleep has occurred within the last 8 hours before going to work.

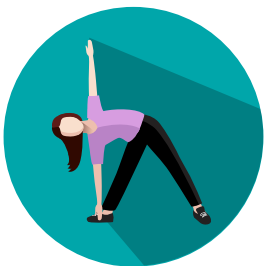


Food and hydration

Ensure you choose healthy options at meal times and remember to keep yourself hydrated. Eating a healthy balanced diet can help you have the energy you need throughout the day. What you eat can really have an impact on your mood, energy levels and focus.

- Drink water.
- Enjoy a variety of food items from major food groups daily.
- Choose whole grains.
- Consume a variety of fruits and vegetables.
- Limit the intake of foods with a high content of saturated fatty acids, cholesterol, salt and sugar.
- Purchase, prepare, cook and store food in ways to ensure food safety.
- Eat whole foods – foods that do not have a 'list of ingredients' for example, fruits and vegetables
- Sugar is rarely good for you. Limit the amount of heavily processed food you eat.
- Eat food that satisfies, not stimulates you. Protein and good fats satisfies, while sugar stimulates you.

If you do not stay hydrated, you may notice headaches a drop in energy levels and even sunstroke. According to The Institute of Medicine, an adequate intake (AI) for men is roughly 3 liters, or 13 cups of total beverages a day, and for women it is 2.2 liters, or 9 cups. Increase this amount based on the increased amount of time you are working and spending in the sun.



Exercise

Exercise and movement have consistently shown to improve life for anyone. Exercise is the ultimate approach for improving health and wellness. Staying active has been proven to improve stress, sleep, mood, memory, learning and concentration. Exercising regularly can also reduce symptoms of anxiety, depression and other health difficulties. Types of exercise include, aerobic exercise (running, swimming, walking); muscle-strengthening activities (push-ups, sit-ups, lifting weights); bone strengthening activities (running, walking, lifting weights) and stretching.



Stay Connected

Connections with family and loved ones is fundamental for our health and wellbeing. Set a weekly schedule while you are on rotation to keep in touch with family and loved ones to ensure you stay connected.

References:

<https://www.osha.gov/worker-fatigue/prevention>, <https://www.safeworkaustralia.gov.au/system/files/documents/1702/managing-the-risk-of-fatigue.pdf>, <https://www.fao.org/nutrition/education/food-dietary-guidelines/regions/countries/saudi-arabia/en/>, <https://saudigazette.com.sa/article/8537>, <https://www.moh.gov.sa/en/awarenessplatform/HealthyLifestyle/Documents/Physical%20Activity.pdf>