

Fatigue at Work

What Is Fatigue?

Fatigue is defined as extreme tiredness resulting from mental or physical exertion or illness. In simple terms, it is the feeling of being tired or exhausted. Fatigue can leave workers performing at lower levels and exposes them to a higher risk of injury. It is important to prevent fatigue while on the job and to keep everyone safe.



Causes of Fatigue

Fatigue at work is more than just a feeling of being sleepy. It is a cocktail of feeling exhausted, low energy, sleepiness, and muddy thinking. Fatigue at work can stem from many things. The causes can include:

- Sleep deprivation
- Too many demands at work or home
- Medication
- Other health problems such as depression or anxiety
- Sleep disorders
- Bad shift scheduling

Symptoms of Fatigue

Fatigue at work is mental and physical exhaustion and related symptoms include:

- Feeling tired even after you slept
- Reduced eye-hand coordination
- Slow reflexes
- Short term memory problems
- Inability to concentrate
- Blurred or impaired vision
- A need for more sleep on days off

If you are suffering from fatigue at work it is important to let your supervisor know.

How to Prevent Fatigue at Work

- Get plenty of rest. It is recommended you get at least 7 hours of sleep each night. If you are getting less try going to bed earlier.
- Take care of your health. Addressing your health concerns can make you feel better at work and at home.
- Improve your diet. You cannot function without a well-balanced diet.
- Drink enough water throughout the day.
- Exercise. Staying active outside of work is a vital way to stay healthy. It could be a 30-minute walk daily or going to the gym. Exercise will help you fight off fatigue because you will have more energy.

