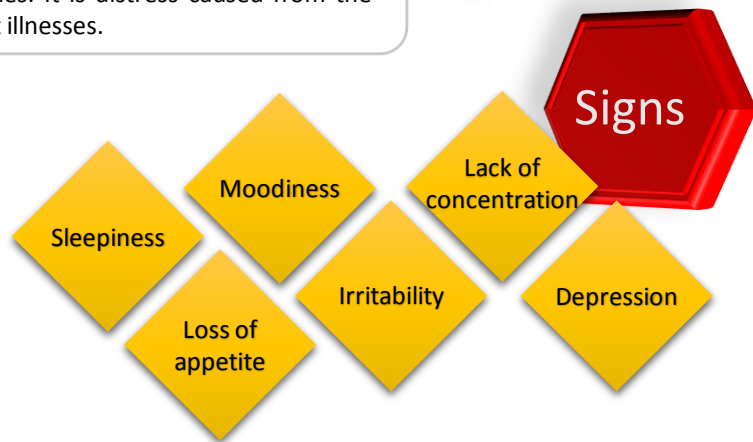
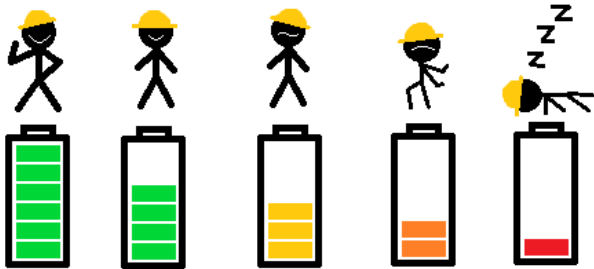


FATIGUE

Fatigue is a term used to denominate a pattern unfavorable effects caused by the continued exercise of an activity. It applies to short-term as well as to a long-term activity, both being enjoyable or not pleasant activities. It is distress caused from the heat at a minor level which cannot result in other heat illnesses.



Impacts

Increase

- Risk taking
- Error in judgment
- Forgetfulness
- Accident rate
- Safety hazards

Decrease

- Decision making ability
- Performance
- Reaction time
- Attention
- Overall safety

Work-related Causes of Fatigue

- Irregular work hours
- Job demands
- Job stress
- Coworker relationship
- Decision autonomy

Mental Load



- Forceful exertion
- Bad posture
- Static load
- Repetitive movement

Physical Load



- Temperature
- Noise
- Light level
- Vibration
- Humidity

Environmental Load



Prevention

- **Develop adequate sleeping habit**
- **Schedule rest breaks when you are expose to heat**
- **Drink plenty of water**
- **Eat healthy**
- **Stay alert – look after your co-worker**
- **Avoid heavy work during night shift and after lunch break**
- **Vary job task to eliminate repetition**
- **Avoid excessive noise**
- **Introduce shorter shift when exposed to moderate to excessive heat**

