1) What are the hazards involved with fatigue?
   a. Hindered decision-making ability
   b. Reduced productivity
   c. Inattentiveness
   d. Reduced ability to handle stress
   e. Loss of memory or ability to recall details
   f. Decreased reaction time

2) What signs of fatigue should you be aware of?
   a. Tiredness
   b. Falling asleep unwillingly
   c. Irritability
   d. Depression
   e. Loss of appetite

3) What safe practices should be used to prevent fatigue?
   a. Take frequent breaks for water, rest, and food
   b. Encourage job rotation to avoid repetition and maintain awareness
   c. Monitor behavior of co-workers for signs of fatigue, and relieve them whenever possible
   d. Ensure the availability of adequate time off
   e. Find a healthy balance between work and personal life
   f. Become aware of training and counseling opportunities

4) On average, how many hours of sleep are we getting each night?

5) Are any of our jobs very tedious and/or repetitive? What positive way can we change these jobs?

6) Is there a way to improve fatigue awareness?

7) Has anyone had an accident or near-miss due to being tired or out of energy?

8) Are there any other safety issues that you would like to discuss?
Make Time for Safety, Everyday! – Yes, production is important, but the focus must be on Safe Production! Keep that in the back of your mind. Don’t take risky chances and stay out of harm’s way. Nobody goes to work thinking ‘I’m going to get hurt or killed on the job, today!’ But every day 15,000-17,000 workers suffer disabling injuries on the job and another 11-17 are killed. What are you doing to make sure it doesn’t happen on your shift?

Keep stoking the fire; we can’t let the ‘Safety Train’ run out of steam!

Date Presented: ___________________  Presented By: ___________________

Attendance Sheet

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Rockwood Casualty Insurance Company (Rockwood) may provide safety management services to its insureds in order to reduce the risk of loss that may lead to insurance claims. The information and advice we provide is not intended to include all possible safety measures and controls. Rockwood does not warrant that losses and claims will be avoided or mitigated if our recommendations are followed. The safety management services we provide do not relieve the insured of its own duties and obligations with regard to safety matters, nor does Rockwood guarantee to the insured or others that the insured’s property and/or operations are safe, healthful, or in compliance with applicable laws, regulations or standards. The insured remains responsible for its own operations, safety practices and procedures and should consult with legal counsel and safety professionals, of its own choosing, as it deems appropriate.