



Toolbox Safety Talks

Fatigue Avoidance

- 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?



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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
