



# Toolbox Safety Talks

## Fatigue Avoidance

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- 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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Date Presented: \_\_\_\_\_

Presented By: \_\_\_\_\_

### Attendance Sheet




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