

FATIGUE

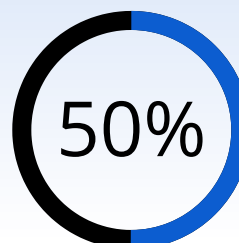


Company Name:	
Job Name:	
Date:	

Key Points

1. **Fatigue on construction sites** reduces focus and significantly increases the risk of accidents.
2. **Long work hours** and physically demanding tasks lead to exhaustion, slower reaction times, and poor decision-making.
3. **Sleep deprivation** affects coordination, concentration, and overall job performance, making tasks more dangerous.
4. **Working in extreme temperatures** worsens fatigue, increases dehydration risks, and heightens the chance of heat-related illnesses.
5. **Operating heavy machinery** while fatigued raises the likelihood of serious errors, equipment damage, and injuries.
6. **Fatigued workers** are more prone to slips, trips, and falls, increasing overall workplace hazards.
7. **Employers should schedule** regular breaks, rotate tasks, and encourage proper rest to help workers stay alert and productive.
8. **Proper hydration**, nutrition, and sufficient sleep improve energy levels, reduce fatigue, and enhance workplace safety.

Fatigue increases the risk of workplace accidents by nearly 50%.



Top 5 fatigue hazards...

1. **Reduced Alertness** – Fatigue slows reaction times and decision-making.
2. **Decreased Coordination** – Fatigue affects balance and motor skills.
3. **Increased Risk of Falls** – Fatigued workers are more prone to slipping.
4. **Errors in Judgment** – Poor decisions lead to accidents or equipment misuse.
5. **Machinery Mishaps** – Fatigued operators make mistakes with equipment control.



1. Am I getting enough rest before my shift?
2. Do I feel alert and focused while working?
3. Have I taken regular breaks to recharge?
4. Is my workload manageable without overexerting myself?



Summary

Fatigue on construction sites increases the risk of accidents and injuries. Workers should be most aware of how lack of sleep, long hours, and physical demands affect focus, coordination, and decision-making. Taking regular breaks, staying hydrated, and managing workloads are essential to prevent fatigue-related hazards.



OSHA recognizes fatigue as a major workplace safety risk, particularly in construction, where long hours and physically demanding tasks increase accident potential. While no specific fatigue regulation exists, OSHA requires employers to provide a safe work environment, including managing fatigue-related hazards.

Key Fatigue Safety Regulation

General Duty Clause (OSHA 5(a)(1))

This regulation requires employers to maintain a safe workplace, which includes addressing fatigue risks. Employers must implement proper scheduling, rest breaks, and workload management to prevent exhaustion-related accidents and injuries.





ATTENDEES

FATIGUE

Print Name:	Signature:

Additional Comments: