



Worksite: _____ Instructor: _____ Date/Time: _____

Topic C810: Fatigue Management

Introduction: Fatigue on the job can be very dangerous. The inability to continue work at the level you're used to is not only harmful to you but also to those you work with. Therefore the following awareness training for fatigue management has been provided:

Training:

Initial and annual training will be provided to all employees on how to:

- recognize fatigue,
- control fatigue through appropriate work and personal habits, and
- reporting of fatigue to supervision.

All employees are discouraged from taking any substance known to increase fatigue, including fatigue that sets in after the effects of the drug wears off.

Control of Worker Fatigue:

To control worker fatigue, allow for sufficient sleep, and increase mental fitness.

The company will set work hour limitations and will control job rotation schedules.

Equipment to prevent fatigue will be provided such as:

- anti fatigue mats for standing,
- lift assist devices for repetitive lifting and other ergonomic devices as deemed appropriate, and
- chairs to sit in periodically.

Reporting Fatigue and Tiredness

- *All employees feeling* fatigue, tiredness or lack of mental acuity must report to their supervisor immediately.
- *Supervision must take* appropriate actions to prevent loss.
- *Take the provided* periodic rest breaks
- *Personnel will also* be periodically evaluated to improve work tasks and to control fatigue.

Over-the-Counter and Prescription Drugs

- *Employees must not* use over-the-counter or prescription drugs to increase mental alertness.
- *All employees are* discouraged from taking any substance known to increase fatigue, including fatigue that sets in after the effects of the drug wears off.

Conclusion: The safety on the job is of utmost importance. Fatigue prevention is almost always possible. Paying attention to the signs that your body is telling you and following the procedures of the fatigue management program ensures safety at work.

Employee Attendance: (Names or signatures of personnel who are attending this meeting)

These guidelines do not supersede local, state, or federal regulations and must not be construed as a substitute for, or legal interpretation of, any OSHA regulations.



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