



FATIGUE AT WORK

EMPLOYER TOOLKIT



Checklist: Signs and Symptoms of Fatigue

People can have difficulty recognizing their impairment due to fatigue. Review the following checklist to determine if you may be fatigued.

Effects of Fatigue

How many of these fatigue effects are true for you?

- Difficulty concentrating or thinking clearly
- Misunderstanding communications
- Making errors or missing things
- Poor attention to detail
- Slow decision making
- Slow reaction time
- Feeling tired or like you don't care
- Taking extra effort to get normal things done

Sleep History

Even one of these sleep disturbances can cause fatigue.

- Getting less sleep than I need to feel rested
- Having trouble getting to sleep or staying asleep
- Unusual timing of sleep
- Getting too little sleep several days in a row, building up sleep debt
- Being awake more than 16 hours

Fatigue is an impairment that can put your safety and the safety of those around you at risk. If you feel impaired due to fatigue, talk to your supervisor about taking a rest break, changing to a different task or adjusting your work schedule.