

Longshore Safety Tip

No. May 2004

Fighting Fatigue/Staying Healthy & Alert # 1

What is Fatigue?

Fatigue is a condition in which a person becomes sleepy, weary or exhausted. Everyone suffers from fatigue at some point and it can strike at any time—day or night, beginning or end of a shift.

Any time you come to work tired or fatigued, or become fatigued on the job, your fatigue could prove deadly to you or your fellow longshore workers.

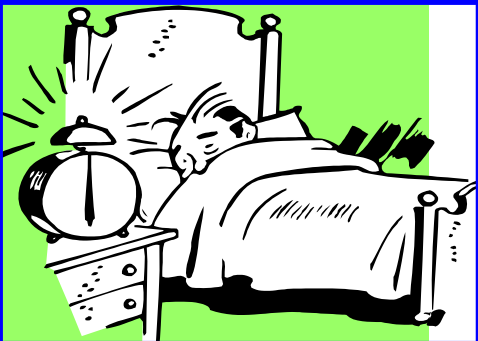
One lapse in judgment... Nod off or lose concentration just for a second... That's when it happens... that's when someone is going to get hurt!

You choose when and where you want to work!
Choose to come to work HEALTHY & RESTED!
Choose to work SAFE!



The causes of fatigue can include

- *Irregular work hours*
- *Lack of sleep*
- *Stress /Anxiety*
- *Alcohol consumption*
- *Long shifts*
- *Repetitive work duties*
- *Lack of exercise*
- *Poor physical condition*
- *Boredom*



Four Safety Tips Flyers will explore how fatigue effects the Longshore worker on the job. We will discuss:

- 1. Recognizing the signs of Fatigue*
- 2. Times of greatest Fatigue Risk*
- 3. Staying alert behind the wheel*
- 4. Precautions to take before working additional shifts*



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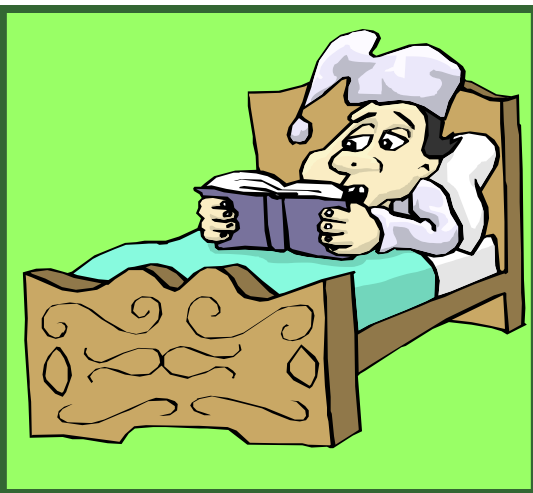


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RECOGNIZING THE SIGNS OF FATIGUE

FATIGUE CAN SEVERELY IMPAIR JUDGMENT .

- *It decreases your ability to properly judge your own level of tiredness and the impairment that comes with being tired .*
- *It increases the chances of accidents and/or injuries on the job.*



When a longshore workers chooses to work additional shifts, he/she must evaluate whether or not fatigue will be a factor in staying alert on the job. You must ask yourself

WILL I BE FIT FOR WORK?

Some of the physical warning signs and/or symptoms of fatigue:

- *Drowsiness*
- *Loss of concentration*
- *Yawning*
- *Slow reaction*
- *Sore or tired eyes*
- *Boredom*
- *Feeling irritable and restless*
- *Missing road safety signs on the terminals*
- *Having difficulty staying in the driving safety lanes*
- *Making fewer but larger steering corrections*
- *“Microsleeps” i.e. Closing your eyes for a second*
- *Trouble keeping your head up while driving*
- *Memory loss*

Can you recognize the signs of fatigue? Will fatigue increase the risk of errors on the job, that might cause an accident?

WILL YOU BE FIT FOR WORK? IT'S YOUR CHOICE !