

Longshore Safety Tip

No. May 2004

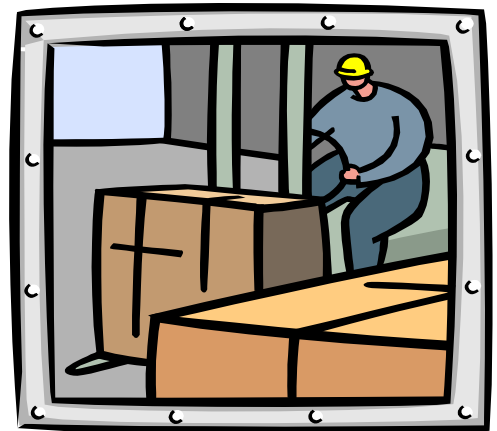
Fighting Fatigue/Staying Healthy & Alert # 4

4. PRECAUTIONS TO TAKE BEFORE WORKING ADDITIONAL SHIFTS

BEING ALERT: STEP 1 GETTING YOUR REST

When you're planning on working additional shifts, make sure you get enough sleep before the first shift. Get all the sleep you can before you start work. Try to plan your sleep or at least get a good nap so that you wake up shortly before the shift

If you know you're going to be working a long shift, make sure you're not awake for a full day before working that shift work. Plan your sleep so you don't get "unrested" before you start work.



STIMULANTS: NO SUBSTITUTE FOR SLEEP

Caffeine can be helpful when you are working additional shifts, but don't drink too much. It can disrupt your sleep, and you can develop stomach problems. It's healthier, and safer to rely on getting good rest rather than caffeine or other Stimulants.

ALCOHOL & MEDICATIONS

Alcohol worsens the effects of Fatigue, some medications can make you very drowsy too. The two together are a lethal Combination.

- Always avoid alcohol before work.*
- Check with your doctor to see if any of your medications could be making you sleepy.*



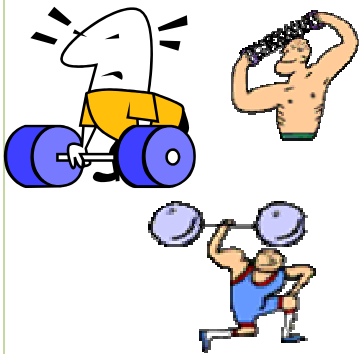
ILWU/PMA
PACIFIC COAST MARINE SAFETY COMMITTEE
"Dedicated to Safety"



Fighting Fatigue/Staying Healthy & Alert # 4

USE BREAKS WISELY

During your lunch hour or relief period, get out of your vehicle and take a walk. Make sure you get some fresh air to increase alertness. If you're feeling tired, take a nap during lunch, but try to limit your nap to 20-25 minutes. Naps longer than that can leave you feeling groggy and sleepy well after you've awoken.



HEALTHY PEOPLE ARE ALERT PEOPLE

In case there aren't already enough good reasons to live a healthy lifestyle, here's one more: Good health helps reduce fatigue! Food and exercise are two of the essential elements of a healthy lifestyle.

FOOD: *Make sure you maintain a balanced diet. Avoid fatty foods, fast foods, and junk foods. Healthy foods provide longer-lasting energy. Starches are useful, as are fruits and vegetables. And water! Make sure you stay hydrated. Vitamins can be useful but don't think you're doing enough just because you take vitamins.*

EXERCISE: *Weightlifting is fine but make sure you also get good cardiovascular exercise. Running, walking and swimming are great ways to get your blood pumping for half an hour a day. Develop a routine so that your exercise is scheduled into your week and you don't have to fight yourself to do it. Being over weight can add to fatigue and your chances of an accident or injury.*

Over weight & Out of shape = A Tired Body.

A Tired Body = A Tired Mind.

A Tired Mind On The Job = An Accident or Injury

REPLACING YOURSELF !

Nobody wants it to happen, but some day you might be too tired to safely work an additional shift.

Don't just "tough it out". Ask yourself if it's worth the risk? Replace yourself. Is an extra shift worth placing you or others in danger?

What precautions are you taking before you work ? Are you too tired from working the shift before to safely work another?

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