



Reducing Fatigue

Facts

- Fatigued workers result in **higher** accident rates and errors.
- Serious **accidents** throughout history, such as Chernobyl & the Exxon Oil Spill are associated with fatigue.
- Being awake for more than 20 hours is equivalent to being **drunk**.
- **Chronic fatigue** can cause depression, obesity, & cardiovascular disease.

Fatigue is not just about sleep!

There are also physical, mental, and environmental causes.

Physical Causes



1. **Bearing** heavy loads
2. **Forceful** exertion
3. **Repetitive** movements
4. **Awkward** posture
5. **Lack** of sleep
6. **Too much** caffeine or other stimulants

Mental Causes



1. **Irregular** work hours
2. **Demanding** & stressful jobs
3. **Poor** morale & staff relationships
4. **Lack** of autonomy & overbearing supervisors
5. **Inflexible** Hours



Environmental Causes

1. **Temperature** & Humidity
2. **Noise** & Light Levels
3. **Vibrations**
4. **Lack** of green space & windows



FATIGUE MANAGEMENT

Create a healthy and comfortable workspace:

Use ergonomic furniture and equipment, keep temperature **comfortable** or wear layers, and ensure natural light is available.

Take breaks and change activities:

Taking short breaks (5 minutes or less) to **recharge** and/or change activities to prevent repetition fatigue.

Start healthy eating & drinking habits:

Eat a **balanced diet** & stay hydrated to help feel energized. Avoid too much caffeine or alcohol consumption, which can disrupt sleep and increase stress.

Reduce stress:

Make a plan or outline to manage your stressors, take advantage of **mindfulness** activities to learn calming activities, and reduce stressors when possible.

Get enough sleep:

Try to achieve 8-10 hours of quality sleep, reduce electronics before bed, and ensure your sleep space is clean, **relaxing**, and safe.

Exercise regularly:

Exercise helps with stress management and can be tailored to you, such as a nice **walk outside** or lifting weights in a gym.

Communicate with your coworkers:

Communicate with your supervisor and peers when you are feeling fatigue and burnout, **be kind** to your coworkers that are experiencing the same. Help each other to find a solution, such as a short break, time-off, adjusting your work duties, or working with the Employee Assistance Program (EAP).

Be Creative & Flexible:

If possible, work remotely or during different hours as we each have changing & diverse energy needs. Increase cross-training and **create processes** to prevent fatigue. Avoid placing blame when mistakes happen, instead look for the potential for improvement.



MINDFULNESS ACTIVITIES

1. Meditate:

Find a quiet space in nature or inside and just be. Focus on your breathing and keeping your mind clear of thought. Don't be hard on yourself if your mind wanders, just return to the present moment.

2. Complete the Following:

I am happiest when

I am unhappy when

Things that make me laugh

New thing that I learned today

A thing that I could do better

A thing that I did well

3. Build Your Affirmation:

Mishaps may happen as I am human, but for today I am most proud of my

Select one or write your own

- a) Humility
- b) Positivity
- c) Teamwork
- d) Perseverance



4. Color the Picture:

Credit: Women of UAMS Coloring Book

