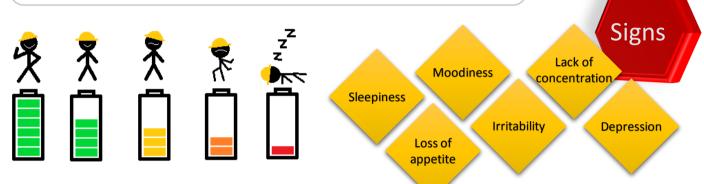


Fatigue is a term used to denominate a pattern unfavorable effects caused by the continued exercise of an activity. It applies to short-term as well as to a long-term activity, both being enjoyable or not pleasant activities. It is distress caused from the heat at a minor level which cannot result in other heat illnesses.



Impacts



- Risk taking
- Error in judgment
- Forgetfulness
- Accident rate
- Safety hazards

- Performance

Reaction time

Attention
Overall safety

Decision making ability

- Work-related Causes of Fatigue
- Irregular work hours
- Job demands

Mental Load

- Job stress
- Coworker relationship
- Decision autonomy
- Static loadRepetitive movement
 - Physical Load

• Forceful exertion

Bad posture

- Temperature
- Noise
- Light level
- Vibration
- Humidity

Environmental Load

Prevention

- Develop adequate sleeping habit
- Schedule rest breaks when you are expose to heat
- Drink plenty of water
- Eat healthy
- Stay alert look after your co-worker
- Avoid heavy work during night shift and after lunch break
- Vary job task to eliminate repetition
- Avoid excessive noise
- Introduce shorter shift when exposed to moderate to excessive heat

The training and educational materials were produced under grant SH-05048-SH8 from the Occupational Safety and Health Administration, U.S. Department of Labor. It does not necessarily reflect the views or policies of the U.S. Department of Labor, nor does mention of trade names, commercial products, or organizations imply endorsement by the U.S. Government.