

Monthly Safety Newsletter



FATIGUE IN THE WORKPLACE

Stuck in energy-saving mode? Wake up with these important tips!

The early summer brings the beginning of summer vacations and warm weather, alongside continued adjustments to longer and sunnier days, which could affect your circadian rhythms. Here is what you need to know to avoid allowing fatigue to overwhelm you in the workplace:

THE SYMPTOMS OF FATIGUE

- Fatigue results in considerable tiredness, often as a result of physical or psychological exertion, or due to illness.
- Fatigue lowers work performance and increases one's risk of injury.
- Fatigue can affect concentration, coordination, memory, reflexes, and vision.
- According to the Canadian Centre for Occupational Health and Safety, approximately 13% of workplace injuries are caused by fatigue and sleep-related problems.

COUNTERING FATIGUE

- Work on addressing a healthy sleep schedule (7-9 hours) and managing one's stress outside work.
- Focus on staying hydrated.
- Eat balanced meals and avoid too many sugars.
- Take regular breaks and consider a lunchtime walk.
- Keep a comfortable and organized office.



WORKER'S RIGHTS

KNOW

You have the right to know about health and safety matters in the workplace.

PARTICIPATE

You have the right to participate in conversations and decisions that could affect your health and safety in the workplace.

REFUSE

You have the right to refuse work that could affect your health and safety in the workplace.