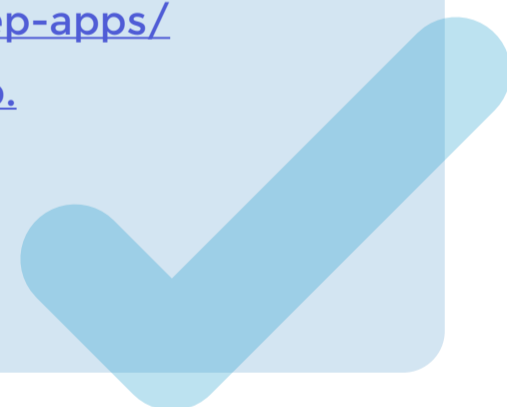




Workplace Fatigue

DO

- 1 Speak with your manager about reasonable workplace adjustments or organisational options available to help you reduce fatigue
- 2 Speak with your GP about medical options and/or counselling services available to reduce contributory factors such as stress
- 3 Inform your manager/supervisor about pharmaceutical drugs which cause you fatigue
- 4 Follow your workplace policies and procedures related to fatigue
- 5 Download an app to help you fight fatigue and get better sleep
 - <https://www.integratesafety.com.au/products-detail/fatiguesafe-app>
 - <https://www.sleepassociation.org/sleep-treatments/sleep-apps/>
 - <https://www.medicalnewstoday.com/articles/317816.php>



DON'T

- 1 Drive, operate hazardous equipment, or complete high risk work activities (e.g., work at heights, install wiring, handle explosives)
- 2 Use alcohol and/or drugs to combat the effects of fatigue.

