



Workplace Fatigue

DO

Speak with your manager about reasonable workplace adjustments or organisational options available to help you reduce fatigue



Speak with your GP about medical options and/or counselling services available to reduce contributory factors such as stress



Inform your manager/supervisor about pharmaceutical drugs which cause you fatigue

Follow your workplace policies and procedures related to fatigue

Download an app to help you fight fatigue and get better sleep

- <u>https://www.integratedsafety.com.au/products-detail/fatiguesafe-app</u>
- <u>https://www.sleepassociation.org/sleep-treatments/sleep-apps/</u>
- <u>https://www.medicalnewstoday.com/articles/317816.php.</u>



DON'T

Drive, operate hazardous equipment, or complete high risk work activities (e.g., work at heights, install wiring, handle explosives)

Use alcohol and/or drugs to combat the effects of fatigue.

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