



Fatigue

Not only is fatigue brought on by the amount of turning and the type of turning, it is also attributable to what you are doing when not turning. If you have another job/activity, especially one that requires long hours and involves strenuous effort or long periods of concentration, you're more prone to fatigue. Fatigue is difficult to recognise.

Fatigue Effects

Fatigue reduces your ability to safely conduct turning tasks. Specifically, the effects include:

- a. slow reaction time.
- b. less vigilance.
- c. slow mental abilities.
- d. memory problems.
- e. poor communication.
- f. less alertness.
- g. poor decision-making.
- h. fixation on a single task.
- i. actually falling asleep.

Fatigue can be short-term (acute) or long-term (chronic). Acute fatigue will occur quickly as a result of excessive and sustained mental or physical activity. Chronic fatigue is experienced when the normal period of rest or sleep is insufficient.

Checklist

This checklist will assess your current fatigue risk:

- a. did you have less than eight hours sleep last night?
- b. have you missed out on adequate sleep over the previous nights?
- c. has your sleep been disrupted?
- d. have you been awake and/or at work for an extended period?
- e. have you had less than six hours sleep in the last 24 hours (or less than 14 hours sleep in the last two days)?
- f. have you had a recent illness or injury?
- g. are you affected by medication, drugs or alcohol?

If the answer to one of these questions is just “perhaps”, consider NOT turning – because you are too tired (and dangerous). Practice the checklist often – particularly if you are alone in the shed.

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