

# TOOLBOX TALKS

## Fatigue Avoidance

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*Toolbox Talks are intended to facilitate health and safety discussions on the job site. For additional Toolbox Talks, please visit SAFETY.CAT.COM™.*

Discussion Date: \_\_\_\_\_

Employee Participants:

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### TOPIC: Fatigue Avoidance

#### Signs of Fatigue

- Tiredness
- Falling asleep unwillingly
- Irritability
- Depression
- Loss of appetite

#### Effects of Fatigue

- Hindered decision-making ability
- Reduced productivity
- Inattentiveness
- Reduced ability to handle stress
- Loss of memory or ability to recall details
- Decreased reaction time

#### Prevention

- Take frequent breaks for water, rest, and food
- Encourage job rotation to avoid repetition and maintain awareness
- Monitor behavior of co-workers for signs of fatigue, and relieve them whenever possible
- Ensure the availability of adequate time off
- Find a healthy balance between work and personal life
- Become aware of training and counseling opportunities

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