

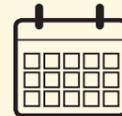
Prevent fatigue

Fatigue can pose a serious health and safety risk for workers. Fatigue can make people forget things, make mistakes and unsafe decisions, and have slower reaction times. Fatigue is caused by lots of different things, so it's important to understand how you can prevent it. To find out more, see WorkSafe's website.

PCBUs at work



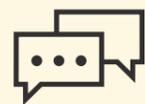
Consider how workers will get to and from work



Think carefully about the risk of fatigue when scheduling rosters



Provide a good physical working environment (clean drinking water, rest areas etc)



Build a good relationship with workers so they feel comfortable talking to you about fatigue



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Workers at work



Talk to your manager if you feel fatigued



Take breaks



Drink plenty of water

Workers at home



Talk to the people you live with about ways they can help you to prevent fatigue



Get a good quality sleep before work



Stay hydrated and eat well

