

UNDERSTANDING **FATIGUE**

Government research explains that fatigue can be directly linked to:

SPOTTING THE SIX WARNING SIGNS

Z

Making mistakes:
Making errors in routine tasks

Z

Slow reactions:
A lack of alertness

Z

Forgetfulness:
Regularly forgetting things

Z

Cutting corners:
Temptation to take short-cuts to get the job done

Z

Poor concentration:
A lack of concentration (affecting decision-making)

Z

Weariness:
A lack of motivation and a strong desire to rest

- a | Falling asleep on duty
- b | Making errors
- c | Poor judgement
- d | Causing accidents



If you believe you or your colleagues may be suffering the effects of fatigue, contact your shore-based management immediately.



More information can be found at:
<http://www.workboatassociation.org/news/understanding-fatigue/>