

# Why Fatigue Management?

A properly designed *collaborative* fatigue management plan will help protect the health and safety of B.C. miners.

## What is fatigue?

**Fatigue** is the state of exhaustion that can impair or decrease physical and intellectual performance.

## Key Points:

- ◆ *Fatigue contributes to unsafe conditions and accidents in the workplace.*
- ◆ *Fatigue can be identified and managed.*

**Total worker fatigue** is a response to a number of combined factors such as human physiology and psychology, lifestyle and workplace demands.

**Risk Factors:** contact stress, awkward posture, anxiety, depression, poor diet, lack of sleep, shift work, and job design.

Fatigue can be the result of a number of these factors working in combination. The **whole life** of the fatigued worker needs to be factored into an effective fatigue management plan.

Untreated, **chronic fatigue** can also lead to a number of long term health consequences:

- ◆ *Heart disease*
- ◆ *High blood pressure*
- ◆ *Type 2 diabetes*
- ◆ *Gastrointestinal illnesses*
- ◆ *Mental health disorders*
- ◆ *Lower fertility*

The introduction of site-specific management plans and programs that help restore workers to a pre-fatigue level of competence will support the health and safety of B.C. miners.

The steps to a successful **pro-active fatigue management plan** may include:

- ◆ *Establishing and maintaining corporate commitment*
- ◆ *Training and knowledge acquisition (management, supervisors, and employees)*
- ◆ *Fatigue identification and use of assessment tools*
- ◆ *Strategy development, implementation, and communication*
- ◆ *Reviewing, measuring, and monitoring*



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