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