



What is Fatigue?

The Rail Safety and Standards Board describe fatigue as “a state of weariness because of working for too long, working against our body clock, heavy physical or mental workload, insufficient rest or inadequate sleep”

Within any industry the management of fatigue is a high priority, and this is particularly so in rail. It is important that we all take responsibility for our own and others safety and fatigue plays a significant part of these responsibilities. In our industry the Rail Safety and Standards Board (RSSB) report that fatigue is a factor in 20% of high-risk incidents.



What are the consequences of fatigue?

People who are fatigued are much more likely to make mistakes and have poor judgement, slow reactions, impaired vision and poor memory.

In addition, long term fatigue can have serious consequences on our health. It is everyone’s responsibility to ensure they are able to do their job safely in this respect, it is important to recognise and report when we are feeling fatigued. Never ignore it!



Recognising fatigue

Symptoms of fatigue may include:

- ▶ Weariness
- ▶ Sleepiness
- ▶ Irritability
- ▶ Reduced alertness
- ▶ Reduced concentration
- ▶ Lack of motivation
- ▶ Depression
- ▶ Headache
- ▶ Giddiness
- ▶ Loss of appetite



What can we do to manage our own fatigue?

- ▶ Always comply with the company’s management of fatigue policy which can be found in the knowledge centre on our website: isslabour.co.uk/knowledge-centre
- ▶ Always report feelings of fatigue to the site supervisor and on-call manager
- ▶ Do not drive if you are feeling fatigued, contact the on-call manager
- ▶ When you have been undertaking shift work ensure that you pay attention to the quality and duration of your sleep to avoid building up sleep debt.
- ▶ Try to sleep at the same time each day
- ▶ Always take scheduled breaks for water, rest and food
- ▶ Find a healthy balance between work and personal life
- ▶ Always seek medical advice about sleep disorders



REMEMBER IT IS YOUR RESPONSIBILITY TO ARRIVE ‘FIT FOR WORK’