Fatigue and long hours

About 5 minutes · Read it out, then ask the questions at the end.

> **Why it matters.** Tired people make mistakes. Fatigue slows your reactions and affects your judgement, much like alcohol, and it is a big factor in accidents at work and on the drive home.

The hazards

- Long shifts and early starts
- Night work and changing shift patterns
- Long drives to and from site
- Not enough breaks, food or water
- Poor sleep

Stay safe

- Take your breaks, and get away from the work area
- Drink water and eat properly through the day
- Tell your supervisor if you are too tired to work safely
- Plan the drive home, and don't drive if you are too tired
- Do the riskiest tasks when you are most alert
- Keep an eye on each other and speak up if a colleague seems exhausted
- Aim for regular sleep

Ask the team

1. When do you feel most tired during your shift?
2. How long is your drive home after work?
3. What would you do if a colleague was too tired to work safely?

The law and guidance

Working Time Regulations 1998. Management of Health and Safety at Work Regulations 1999.

General guidance to help you give a toolbox talk. It doesn't replace your site's risk assessments, method statements, permits or training. Check it against your own site rules before you give it.

ATTENDANCE RECORD

Fatigue and long hours

Site: Date:

Given by: Company:

By signing, I confirm I attended this toolbox talk and understood it.

Name (print)	Company	Signature	Time

Keep this record with your site's training and briefing records.