

SB07-19

Fatigue Management



Awareness:

Fatigue has been implicated in 20% of accidents on major roads and costs the UK £115-£240 million a year in terms of work accidents. Fatigue has the potential to increase the risk of injuries or other accidents. Management and individuals need to work together to reduce the risk and impact of fatigue. The only remedy for fatigue is rest and sleep, however it's better not to get fatigued in the first place.

The Effects:

Fatigue is the state of feeling very tired, exhausted, weary or sleepy. It results from a lack of sleep and can be heightened from prolonged mental/physical activity or long periods of stress or anxiety. Repetitive or boring tasks can also increase feelings of tiredness. Fatigue can be escalated by driving long distances to and from work, or prolonged operating of machinery involving high levels of concentration.

Fatigue can:

- Reduce attention and the ability to make decisions
- Reduce communication skills
- Reduce the ability to handle stress
- Reduce reaction time and increase error in judgement
- Reduce productivity and performance
- Increase sick time, absenteeism, rate of turnover and medical costs



Project Requirements:

Project Managers must ensure all employees and contractors correctly complete an entry into Datascope; or, if not available, complete RWI.004.F01 'Site Booking On & Off Form' and submit to their Line Manager within specified timescales.

Managers shall limit shifts to the following:

- The maximum length of turn of duty should not exceed **12 hours**
- The maximum length of any period of duty or shift shall not exceed **14 hours** inclusive of travelling time
- The minimum **12 hours** rest between turns of duty
- Maximum **72 hours** worked within **7** consecutive days
- The maximum **13** turns of duty in 14 days; or 12 turns of duty in 14 days on LUL contracts working to QUENSH
- Signalling and telecommunications testing staff must not exceed a maximum of **23** turns of duty in any two consecutive 14 days' periods
- Young workers must not exceed more than **eight hours a day or 40 hours a week**

Employees' **travel time** to and from their normal place of work must not routinely exceed 2 hours per shift.

Fatigue is a workplace hazard, and it needs to be managed in the same way as other hazards:

At work:

- Vary work tasks so you stay alert and take regular breaks
- **Tell your supervisor or manager if you are feeling fatigued**

Outside of work:

- Make sleep a priority
- Improve the quality and quantity of sleep – make sure your bedroom is dark, cool and comfortable
- Get treatment for sleep disorders
 - Eat light nutritious meals (heavy meals cause drowsiness), drink plenty of water, minimise caffeine & alcohol intake
 - Learn to recognise the warning signs of fatigue, so that you can take a break