|  |  |
| --- | --- |
| Revision #:Written by: | Date: Month DD, YYYYApproved by: |
|  |  |

|  |  |
| --- | --- |
| Related Documents:  | Fatigue at Risk Management Program – Farm Safety Nova Scotia Website <https://farmsafetyns.ca/> |
| When to use this SWP: | Workers who are not well rested for work are at a greater risk to become or cause an incident or injury. Fatigue can cause impairment similar to alcohol and drugs. To promote the importance of good sleep habits and the effects fatigue can have at the workplace. |
| Hazards & Risks: | * Various incident or injury depending on task.
 |
| Personal Protective Equipment: | * CSA approved PPE for the task performed
 |
| Training Requirements: | * Safety orientation
 |
| Communication Process: | * Instruct workers on the effects of fatigue and educate on the importance of rest and taking breaks as well as if fatigue is extensive get a medical checkup.
 |
| Equipment & Supplies: | * First Aid Kit
* Fire Extinguisher
* Cell/Smart Phone or two-way radio
 |
| 1. Go to bed at the same time or as close to the same time when possible; even on the weekends and while traveling.
2. Exercise Regularly.
3. Eat nutritional regular meals.
4. Avoid excessive stress; if not possible develop healthy coping mechanisms to deal with stress.
5. Avoid excessive or inadequate caloric intake.
6. Listen to your body.
7. Take advantage of vacation time available.
8. Consider safe levels of alcohol & drug consumption.
9. Review prescription medications with doctor if this is a suspected problem in relation to sleep deprivation.
10. Avoid eating late at night.
11. Do not drive while fatigued.
12. Practice relaxing mechanisms throughout the day and especially before bed.
13. Visit family physician regularly to rule out illness.
14. Limit the amount of stimulation before bed such as reduce the use of electronics such as television, computers, and tablets.
15. In the heat, cool the sleep area with circulating fans, open windows, or install air conditioning.
16. Try relaxing close to bed time by reading, reflecting, or meditating. Clear your mind of the day’s activities.
17. Avoid alcohol, nicotine, caffeine, and other stimulating drugs.
18. Take naps when possible throughout the day if lacking a full night’s sleep,
 |
| EMERGENCY PROCEDURES: | In case of emergency, contact 911 and the farm owner immediately. Remove yourself from harm’s way and ensure no one else is at risk.  |