Toolbox KITS

FATIGUE MANAGEMENT TRAINING

Fatigue management training

Signs, sleep, long shifts and fit for duty, with 29 CFR citations where a rule applies

About 40 minutes, with a 10-question quiz

34 slides | About 40 minutes | 10-question quiz | English + Spanish



SAMPLE

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Where fatigue comes from

At work	→	Off the job
Long shifts, overtime and double shifts	→	Short or broken sleep
Night work and rotating shifts	→	A new baby, caregiving or a second job
Early starts and long commutes	→	Illness, pain or a sleep disorder
Heavy physical work, heat, cold and noise	→	Some medicines, and alcohol
Boring, repetitive tasks	→	Stress and worry

SAMPLE

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Crew handout

Fatigue on the job

29 CFR 1926.21, 1926.51, 1926.56, 1926.50

Do

- Protect your sleep: regular times and a dark, quiet, cool room
- Check yourself before the shift: sleep, alcohol, medicine, illness and stress
- Tell your supervisor before a hazardous task if you are too tired to do it safely
- Take your breaks, drink water and eat real food
- Watch your coworkers for signs of fatigue, and say something
- Plan the hardest work for when people are most alert
- Rest first or get a ride if you are too tired to drive home

Don't

- Don't push through to avoid looking weak
- Don't count on coffee or energy drinks to replace sleep
- Don't run equipment or drive while you are nodding off
- Don't drink alcohol to help you sleep
- Don't stay quiet when a coworker is not fit for duty

SAMPLE

Remember **Treat fatigue like any other hazard: get real rest, plan the work, and speak up.**

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