OHBA Safety Pages: Shifts, Long Hours and Fatigue

Working evening or early morning shifts makes it hard to get enough quality sleep. Lack of sleep and long work hours can make you tired (fatigued) at work. Tired workers can have a harder time focusing, putting them at higher risk for injury.



- Signs of fatigue include
  - Poor sleep
  - Feeling tired or falling asleep at work
  - Lack of energy or motivation; a 'do not care' attitude; moodiness; or poor judgment
  - Difficulty focusing on work
  - Slowed reactions
  - Increased anger or irritability
- Take action
  - Take breaks at least every 1 to 2 hours or spend time working on another task.
  - Eat healthy snacks often, such as fruit and nuts. Candy, chips, and other processed and sugary foods make you feel more tired.
  - Drink plenty of water to stay hydrated.
  - If possible, stay or go frequently into brightly lit areas to improve alertness.
  - Don't drive or operate machinery if overly tired. Drowsiness increases your risk of a car crash or other incident.
- Make changes
  - Rest on your days off and have at least one day off per week.
  - Limit use of caffeine, especially 5 hours or more before bed.
  - Make your sleeping space comfortable, dark, and quiet. Avoid lighted screens of cell phones, tablets, computers, etc., 60 to 90 minutes before bed.
  - Get 7 to 9 hours of quality sleep each day (most people need this much). See a doctor if you are having trouble sleeping or if you fall asleep at work. Remember, getting enough sleep can save your life.

OHBA OREGON HOME BUILDERS ASSOCIATION

The information we provide is not intended to include all possible safety measures and controls. In addition, the safety information we provide does not relieve the Members of its own duties and obligations with regard to safety concerns, nor does Oregon Home Builders Association guarantee to the Members or others that the Member's property, job sites and/or operations are safe, healthful, or in compliance with applicable laws, regulations or standards. The Members remain responsible for their own operations, safety practices and procedures and should consult with legal counsel as they deem appropriate.

SAFETY PAGE MEETING GUIDE Topic: Shifts, Long Hours, and Fatigue

Employer: _____ Project: _____

Date: _____ Time: _____ Shift: _____

Number in crew: _____ Number attending: _____

Safety or Health issues discussed. Include recent accident investigations and hazards involving tools, equipment, the work environment, work practices and any Safety or Health recommendations:

_____

_____

_____

_____

Follow up on recommendations from last safety meeting:

_____

_____

Record of those attending:

Name: (please print)	Signature:	Company:
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		
11.		
12.		

Supervisor's remarks: _____

Supervisor: _____ _____

(Print) (Signature)