

Fatigue is a term used to denominate a pattern unfavorable effects caused by the continued exercise of an activity. It applies to short-term as well as to a long-term activity, both being enjoyable or not pleasant activities. It is distress caused from the heat at a minor level which cannot result in other heat illnesses.



Impacts



- Risk taking
- Error in judgment
- Forgetfulness
- Accident rate
- Safety hazards

- Performance

Reaction time

Attention
Overall safety

Decision making ability

- Work-related Causes of Fatigue
- Irregular work hours
- Job demands

Mental Load

- Job stress
- Coworker relationship
- Decision autonomy
- Static loadRepetitive movement
 - Physical Load

• Forceful exertion

Bad posture

- Temperature
- Noise
- Light level
- Vibration
- Humidity

Environmental Load

Prevention

- Develop adequate sleeping habit
- Schedule rest breaks when you are expose to heat
- Drink plenty of water
- Eat healthy
- Stay alert look after your co-worker
- Avoid heavy work during night shift and after lunch break
- Vary job task to eliminate repetition
- Avoid excessive noise
- Introduce shorter shift when exposed to moderate to excessive heat

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