



Fatigue Management for Egg Farming Staff

What is fatigue?

A feeling of physical and/or mental exhaustion resulting from extended periods of wakefulness, contributing to performance impairment and workplace health and safety risks.



Fatigue management checklist

Physical

- ☒ Yawning
- ☒ Heavy eyelids
- ☒ Eye-rubbing
- ☒ Poor coordination
- ☒ Head drooping
- ☒ Falling asleep

Mental

- ☒ Difficulty concentrating
- ☒ Lapses in attention
- ☒ Forgetting things
- ☒ Errors
- ☒ Lack of situational awareness

Emotional

- ☒ Poor communication
- ☒ Quiet & withdrawn
- ☒ Lack of motivation
- ☒ Irritable or bad temper

ACTION: If you have identified any of these factors in yourself or others – take action, talk to your manager. **Reduce the risk or stop work until you're safe.**

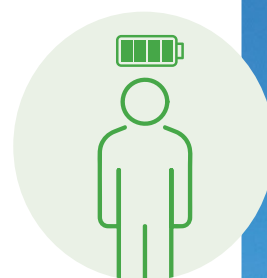
How fatigue impacts performance

- ▶ After 17 hours awake, your performance drops to the same level as someone at the legal blood alcohol limit (0.05%)
- ▶ Sleeping less each night causes performance to drop over time
- ▶ Hydration plays an important role – even mild dehydration can impair cognitive performance by up to 15%



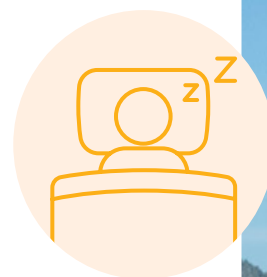
How to manage fatigue

- ▶ Tell your manager and take a rest break
- ▶ Rotate to a different task
- ▶ Stay hydrated and maintain good nutrition
- ▶ Prioritise sleep
- ▶ Exposure to bright light: can help increase alertness
- ▶ Be mindful of your energy levels
- ▶ Negotiate work hours with your manager



Sleep promoting tips

- ▶ Sleep in a cool, dark, quiet and comfortable environment
- ▶ Maintain a consistent and relaxing bedtime routine (e.g. clear your mind by writing down tomorrow's tasks)
- ▶ Avoid alcohol, nicotine and caffeine at least 6 hours before bed
- ▶ Exercise regularly but not just before bed
- ▶ Avoid using electronic devices before bed
- ▶ If unable to fall asleep, get out of bed and do a relaxing activity until sleepy



This resource draws on the outcomes of a cross-sector collaboration of eight Rural Research and Development Corporations including Australian Eggs, as part of the Rural Safety & Health Alliance. The project examined how fatigue risk is experienced and managed on Australian farms.

