Fatigue is the state of feeling tired which results from prolonged mental or physical work, extended periods of anxiety, exposure to harsh environments or loss of sleep. The effects of fatigue are impaired performance and diminished alertness. The most common causes of fatigue known to fishermen are lack of sleep, poor quality of rest, stress, and excessive workload.

FISH SAFE NS

Fatigue Onboard

Date Discussed:	Signature:

Fatigue is dangerous, and people are poor judges of their own level of fatigue. All employees should be able to recognize the immediate signs and symptoms of fatigue, which include the following:

UNPRODUCTIVE
›› Cutting corners
›› Improper judgement
›› Poor job performance
›› Cannot think logically

MOODY
›› Easily frustrated
›› Lack of communication
›› More irritable than usual
›› Does not care about the job

TIRED
›› Yawning
›› Nodding off
›› Slurred speech
›› Clumsy or slow

DISTRACTED
›› Difficulty concentrating
›› Increased forgetfulness
›› Cannot make decisions
›› Does not finish assigned tasks

Everyone on the vessel should:
›› Get adequate sleep.
›› Periodically rotate jobs.
›› Keep the vessel well maintained.
›› Learn the warning signs of fatigue.
›› Eat healthy and drink lots of water.
›› Encourage everyone onboard to take a break.
›› Know the importance of getting enough sleep and how to achieve work-life balance.

Tips for getting a better sleep:
›› Relax and clear your mind.
›› Avoid caffeine before bedtime.
›› Do not eat late in the evening.
›› Avoid smoking and drinking alcohol.
›› Limit your electronic use before bed.
›› Grab a book and read until you feel tired.
›› Make room as quiet and dark as possible.
›› Go to bed and get up at the same time each day.

💬 Discussions:

1. What are some things you do to minimize fatigue? What tips can you pass along to fellow crew members?

2. What would you do if you noticed a crew member was falling asleep on the job?

3. If you could suggest one thing to improve safety, what would it be?