

GOUGH

GROUP

Manage Workplace Fatigue

Your toolkit

THINK WELL

EAT WELL

MOVE WELL, SLEEP WELL

Our Values

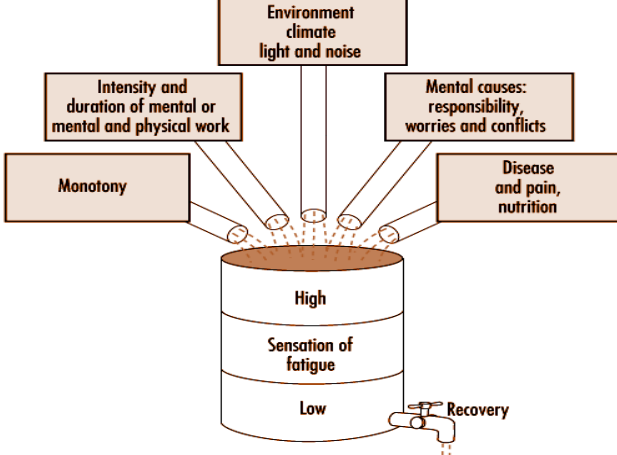
We always work safe

Our Vision

Work Safe, Home Safe, Every Body, Every Day

Workplace fatigue causes:

- ∞ Long periods of physical and/ or mental work
- ∞ Irregular hours
- ∞ Non-predictable hours
- ∞ Dehydration
- ∞ Poor diet
- ∞ Excessive alcohol use
- ∞ Home stress
- ∞ Financial stress



Made Worse by:

- ∞ Weather extremes
- ∞ Lack of down time (frequent planned breaks)
- ∞ Lack of a cycle in work patterns
- ∞ Inconsistent leadership
- ∞ Poor team environment/ support
- ∞ Poor shift planning
- ∞ Low daylight hours (winter)
- ∞ Long driving hours

Tool used for:

- ∞ Safety critical roles
- ∞ On road sales and service people
- ∞ Managers (who have driving hours)
- ∞ Field technicians
- ∞ Any worker with health problems
- ∞ Any worker on active rehabilitation
- ∞ Senior managers

Our Agreed Actions to Prevent and Manage Workplace Fatigue:

Self or Team (The team member or team)	Leadership (Who my boss is)	Environment (Where am I working)	ME (what I will do to reduce fatigue at work)		Leader (how my leader will support me)	Do Less	Tools/ resources (use these)	
			Do More				ME	<div><div>Gough Tools</div><div><div>∞</div>Pause and Think</div><div><div>∞</div>Intranet</div><div><div>∞</div>Apprentice agreement</div><div><div>∞</div>Gough Facebook</div><div><div>∞</div>Brand handbook</div><div><div>∞</div>EAP</div><div><div>∞</div>Health & Wellbeing Advisor</div><div><div>∞</div>Gough working hours guideline</div><div><div>∞</div>Fatigue scorecard</div><div><div>∞</div>Fatigue questionnaire</div></div>

Planning notes (write here)

Any issues from last month? Note here

Our Agreed Actions to Prevent and Manage Workplace Fatigue:

Me or Team (The team member or team)	Leadership (Who my boss is)	Environment (Where am I working)	Do More		Do Less	Tools/ resources (use these)
			ME (what I will do to reduce fatigue at work)	Leader (how my leader will support me)		
					ME	<div>Gough Tools</div> <div><div>∞</div>Pause and Think</div> <div><div>∞</div>Intranet</div> <div><div>∞</div>Apprentice agreement</div> <div><div>∞</div>Gough Facebook</div> <div><div>∞</div>Brand handbook</div> <div><div>∞</div>EAP</div> <div><div>∞</div>Health & Wellbeing Advisor</div> <div><div>∞</div>Gough working hours guideline</div> <div><div>∞</div>Fatigue scorecard</div> <div><div>∞</div>Fatigue questionnaire</div>

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