

## Workplace Fatigue 2019



In 2017 the Gough Group completed a 3-month fatigue study. *The results were surprising.* The main causes of fatigue were

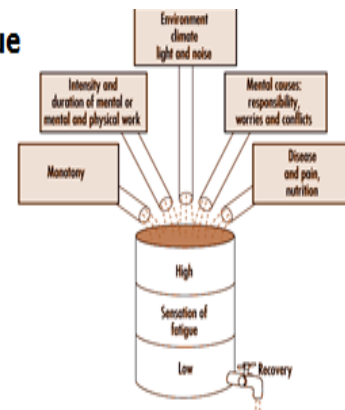
from non-work sources BUT were mainly observed at work.

Work related cause was broken shifts and successive long hours at work, week after week. The fatigue management plan applies to every operational business unit.

*Right click select open link on Fetch to link to Fatigue Management*

### Causes of Workplace fatigue

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



Additional help and information can be found in Your Healthy Food Guide/ Go Well subscription.

<https://workplace.healthyfood.com/your-account/>

healthyfood  
workplace wellbeing

ADVICE ▾ RECIPES ▾ VIDEOS

About us | Issue lookup | Favourites

### Advice

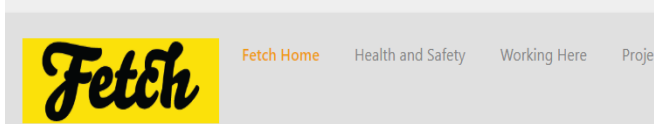
Are you feeling fatigued – then inform your manager and work out a plan to manage the causes.

Or,

Contact: Any HSE Advisor or Your HSR for further information

Kirk your Occupational Hygienist & Health Advisor on 039832386 [kirk.blumers@goughgroup.co.nz](mailto:kirk.blumers@goughgroup.co.nz)

Fetch Home ▸ Health and Safety ▸ Hazard and Risk Management ▸ Managing Fatigue



Moderately fatigued workers are a risk, equated to over the legal alcohol levels for driving.

Long term health problems including; digestive problems, weight gain, mood problems, sexual dysfunction, lack of work performance.....etc

### Managing Fatigue

This information is to help anyone at the Gough Group manage fatigue.

Workplace fatigue is a health risk and is caused by factors at work and at home. It presents a risk to you, your colleagues and the business.

Research suggests a moderate level of workplace fatigue equates to over twice the legal alcohol limit for driving.

Fatigue can be managed and it can be prevented.

In 2017 and 2018, the Gough Group undertook a fatigue study and the results have helped us develop the tools below. The key take home message was to understand what causes your workplace fatigue, (or that of your workers). Once you understand the causes we can all help to manage it. Reach out and ask for help at any time, either through your peers, leadership or the health and safety team (we are here to help). Use these tools to identify and manage your own fatigue or the fatigue of workers under your leadership.