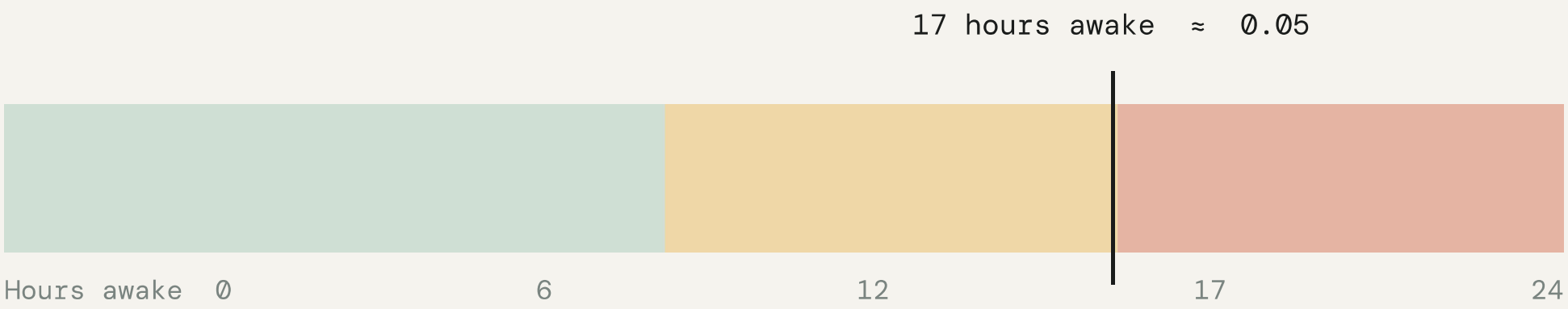
Fatigue

Fatigue doesn't just make you tired. It makes you vulnerable.

Seventeen hours awake degrades performance to about the same level as a blood alcohol concentration of 0.05. Nobody would accept that from a workmate. We accept the equivalent from fatigue most weeks.



Green

Slept well, feeling sharp. Fit for work.

Amber

Short on sleep or coming off a heavy block. Say so. Check in again mid-shift.

Red

Can't concentrate. Talk to someone before you start, not after something happens.

Concentration	Reaction time	Decisions	Movement
Attention lapses you don't notice happening	The gap between seeing a hazard and responding	You accept risks you'd normally knock back	Lifting technique drops off as muscles tire

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Read the full article
Sleep, shift work and injury risk