

# TRANSPORTATION YOU CAN RELY ON

P13 – Fatigue Risk Management Policy

01.08.2023



## **P-13 Fatigue Risk Management Policy**

This document sets out the policy of the Company in assessing, reducing and managing fatigue at work. It is important that every employee is aware of their obligations under this policy, and any queries should be addressed to Management.

### **Avoiding and Reducing Fatigue**

Fatigue, as defined by a feeling of tiredness, can affect workers in terms of their ability to process information, physically react to situations and can lead to mistakes or accidents and is something we strive to avoid to ensure we maintain a healthy working environment with productive staff.

As an organisation we manage fatigue as much as possible by making sure that:

- Working hours are not too long with adequate breaks between shifts and during the day
- Employees don't work too many shifts in a row
- Employees avoid critical or risky jobs at the ends of shifts
- Employees take quality rest breaks in their work
- Staff can report fatigue problems and the company will review and try to make improvements to help reduce fatigue wherever possible
- The working environment doesn't cause drowsiness
- Incidents or accidents where fatigue may be a factor are thoroughly investigated

Risk assessments of company operations will consider fatigue and the potential for fatigue.

### **Causes of Fatigue**

The main causes of fatigue are:

- Lack of sleep / Poor quality sleep
- Having to work at a 'low point' in the day e.g. early hours of the morning; mid to late afternoon and after a meal
- Long working hours
- Inadequate breaks during the working day



## Fatigue Guidance

Staff are encouraged to also consider the following;

- Sleep for at least 8 hours between shifts & to develop good sleeping habits
- Restrict night shifts to 4 in a row or to 2 in a row if 12 hour shifts
- Allow at least 2 days off after nights
- Avoid long shifts and aim for less than 50 hours work per week

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