

Our Company Profile

SIMEC Engineering Ltd (“Company”) is a mechanical and electrical contractor who provides services to the life science, technology, energy and resource sectors.

What is fatigue?

There are many definitions of fatigue. In this guide, fatigue is defined as the increasing difficulty in performing mental and physical activities as a consequence of inadequate restorative sleep.

Some Risk factors for fatigue are:

- the structure of work schedules and rosters
- irregular or unplanned work schedules
- call out requirements for employees
- shift length and the physical and mental demands encountered during the shift
- proximity of residence or accommodation to workplace
- method of travel to and from workplace
- environmental factors like heat, humidity, noise levels, ventilation, lighting etc.
- being able to maintain a balanced diet and adequate rest
- other personal factors

How does fatigue affect safety?

The effects of fatigue may affect the employee’s ability to carry out their duties in a safe manner. Like any other hazard in the workplace, when fatigue may affect a person’s ability to work safely it must be identified, assessed and controlled.

Who should manage fatigue?

Fatigue management is a **shared responsibility** and should be managed by both individuals and management at the workplace.

Work-related fatigue needs to be managed by Managers and Supervisors.

Non-work-related fatigue factors are best managed by individuals.

Workers need to ensure they get enough sleep and come to work fresh and alert.

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