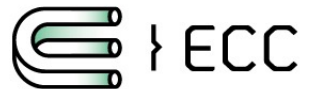




ECC Monthly Safety Tip

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**Fatigue & Distraction Awareness:
Don't Push Your Luck!**



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What is Fatigue?

Fatigue is often thought of as the state of feeling very tired, weary or sleepy. However, fatigue can include mental, physical, or subjective states. For example, these states include:

Mental state:

- Reduced mental capacity
- Inattentive
- Indecisive



Physical state:

- Physiological weakness
- Physically exhausted
- Weak



Subjective state:

- Tired
- Weary
- Sleepy



What are the signs of fatigue?

Signs and symptoms of fatigue can vary, and include:

- ✿ Weariness
- ✿ Tiredness
- ✿ Sleepiness
- ✿ Irritability

- ✿ Reduced Alertness
- ✿ Mentally Tired
- ✿ Physically Tired
- ✿ Lack Of Motivation

- ✿ Depression
- ✿ Boredom
- ✿ Giddiness
- ✿ Headaches



Why Fatigue Matters



Fatigue slows reaction times and increases incidents. Everyone should be concerned about the impact of fatigue as it can be considered a form of impairment, making fatigue a workplace hazard.

- ✿ 17 hours awake \approx 0.05% BAC
- ✿ 21 hours \approx 0.08% BAC
- ✿ 24–25 hours \approx 0.10% BAC

Additionally, be sure to consider other factors beyond a lack of sleep including mental fatigue, such as mental workloads, demanding mental activities or stress, long periods of anxiety, or long periods of monotonous tasks, etc.

Don't let fatigue impact you, prioritize your rest!

Distractions at Work

Everyday activities can cause distractions. This includes: phones, notifications, conversations, noise, stress or multitasking. All these activities cause our attention to get divided and lose focus.

- ✿ Keep phones away during critical tasks
- ✿ Plan work to reduce interruptions; use checklists
- ✿ Pause–breathe–refocus when your mind wanders
- ✿ Don't multitask; ask for help if overloaded
- ✿ Stay focused



Fatigue + Distractions at Work

Fatigue and distractions are two of the most common — and most underestimated — contributors to workplace incidents. When they occur together, the risks don't just add up... they multiply. Understanding how these factors overlap is essential for preventing injuries, improving awareness, and ensuring workers stay safe and focused.

Fatigue + Distraction = A recipe for unlucky outcomes on the job

