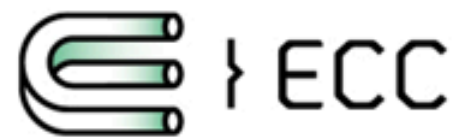




# ECC Monthly Safety Tip

October 2025

**Zombie Zone:  
Don't Work While Fatigued**



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# EVER FELT LIKE A ZOMBIE AT WORK?

FATIGUE TURNS A GOOD WORKER INTO AN UNSAFE ONE

## CAUSES OF FATIGUE

- Lack of sleep
- Long shifts
- Overtime hours
- Poor rest quality

## SAFETY IMPACTS

- Slower reaction times
- Poor decision making
- Taking dangerous shortcuts
- Missing hazards

## INCREASED RISKS

- Slips, trips, and falls
- Equipment accidents
- Higher injury likelihood
- Workplace incidents



# SAFETY TREATS TO FIGHT FATIGUE

DON'T BE A WORKPLACE ZOMBIE

 Get 7-9 hours of sleep whenever possible

 Take Scheduled breaks - even short pauses resets focus

 Hydrate & eat balanced meals (not just sugar/caffeine)

 Recognize the signs of fatigue in yourself and coworkers

 Speak up: if you're "in zombie zone" let someone know

