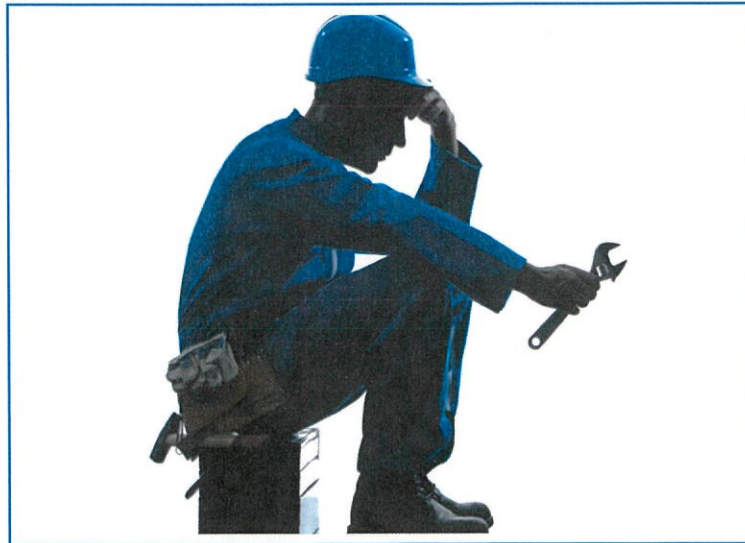




SAFETY TOPIC – APRIL 2023

MANAGING FATIGUE AT WORK



Tips to consider for managing fatigue at work:

- ✓ Get enough rest between shifts.
- ✓ Avoid intake of nicotine & caffeine before sleeping.
- ✓ Be on the lookout for signs of fatigue — yawning and difficulty keeping your eyes open.
- ✓ Notify your supervisor when you feel too tired to work safely.
- ✓ Avoid working for extended periods.

Employment Act CAP 47-01- PART VIII-Reg 93(1):

“Every employee shall be granted by the employer in every period of seven consecutive days a rest period comprising at least 24 consecutive hours, which period shall ordinarily be or include a Sunday”.

Marang W. Molatlhegi


SHE Manager

Date: 3/4/2023