

	MANAGING FATIGUE AT THE WORKSITE TOOLBOX TALKS	Page 1 of 4
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What is Fatigue?

This training toolbox prepared and uploaded by hse documents is free to download and use for your employees in at worksite. The hse documents is providing QHSE DOCS for its site visitors totally free. Now let us discuss about fatigue. Fatigue is a term used to describe an overall feeling of frazzle or lack of energy. It cannot understand or take as simply feeling drowsy or sleepy. When you're fatigued, you have no provocation and no energy. Being sleepy may be a hint and symbol of fatigue, but it's not the same thing.

How did you sleep last night? Did you get enough sleep? How do you know? It's important to be apprehensive of yourself. Getting an abundance of sleep is an important part of your safety.

Generally, people need 7- 8 hours of sleep each 24-hour day. Sleep loss and getting up densely over several nights can be as harmful and injurious as sleep loss in one night. Both produce a decline in a performance like slower response times, failure to respond to changes, and the incapability to concentrate and make reasonable judgments.

Fatigued persons tested from nonstop hours of insomnia against blood alcohol situations concluded that 17 hours awake is original to a blood alcohol content of 0.05. Twenty-one hours awake is original to a blood alcohol content of 0.08 and 24- 25 hours awake is original to a blood alcohol content of 0.10.

Do you get enough sleep?

This informative content provided by hse documents for total free for its readers, you must do it for your safety and the safety of your coworkers. When you see the signs of fatigue in a colleague, draw their attention or the attention of an administrator to the situation to ensure they can work safely. However, you may be the one to be negatively impacted when an accident occurs, if you don't take a visionary step. Be a valorous safety leader and speak up for safety.

Main Causes of Fatigue and How to Address It

Point to Remember

- 1) Causes
- 2) When to see a croaker
- 3) Treatment
- 4) Life changes

Overview

	MANAGING FATIGUE AT THE WORKSITE TOOLBOX TALKS	Page 2 of 4
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Fatigue is a common symptom of numerous medical conditions that range in inflexibility from mild to serious. It's also a natural result of some life choices, similar to lack of exercise or poor diet.

still, or you suspect it's caused by an underpinning physical or internal health condition, see your doctor, if your fatigue does not resolve with proper rest and nutrition. Your doctor can assist and help you to diagnose the root and general cause of your fatigue and work with you to treat it.

What causes fatigue?

There are numerous implicit causes of fatigue. They can be divided into three general orders

- Life factors
- Physical health conditions
- Internal health issues
- Life factors

Fatigue can affect from

- 1) Physical exertion
- 2) Lack of physical exertion
- 3) Lack of sleep
- 4) Being fat or fat
- 5) Ages of emotional stress
- 6) Tedium
- 7) Grief
- 8) Taking certain specifics, similar as antidepressants or anodynes
- 9) Using alcohol on a regular base
- 10) Using lawless medicines, similar to cocaine
- 11) Consuming too important caffeine
- 12) Not eating a nutritional diet
- 13) Physical health conditions

Numerous medical conditions can also beget fatigue. exemplifications include:

- 1) Anemia
- 2) Arthritis
- 3) Fibromyalgia
- 4) Habitual fatigue pattern
- 5) infections, similar to cold and flu
- 6) Addison's complaint, a complaint that can affect your hormone situations
- 7) Hypothyroidism, or underactive thyroid
- 8) Hyperthyroidism, or hyperactive thyroid
- 9) Sleep diseases, similar to wakefulness

	MANAGING FATIGUE AT THE WORKSITE TOOLBOX TALKS	Page 3 of 4
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- 10) Eating diseases, similar to anorexia
- 11) Autoimmune diseases
- 12) Congestive heart failure
- 13) Cancer
- 14) Diabetes
- 15) Order complaint
- 16) Liver complaint
- 17) Habitual obstructive pulmonary complaint (COPD)
- 18) Emphysema

Mental health issues

Mental health conditions can also lead to fatigue. For illustration, fatigue is a common symptom of anxiety, depression, and seasonal affective complaint.

When is it time to see your doctor?

You should make an appointment with your croaker if you're feeling fatigued and you

- 1. Does not suppose of anything that might regard for your fatigue
- 2. Have an advanced-than-normal body temperature
- 3. Have endured unexplained weight loss
- 4. Feel veritably sensitive to colder temperatures
- 5. Regularly have trouble falling or staying asleep

causes.

In some such types of uncommonness, your fatigue might be caused by and due to a serious medical condition. Go to the sanitarium incontinently if you witness fatigue along with any of the following symptoms:

- 1) Rectal bleeding
- 2) Puking blood
- 3) Severe headache
- 4) Pain in your casket area
- 5) Passions of feebleness
- 6) Irregular twinkle
- 7) Briefness of breath
- 8) Severe pain in your abdominal, back, or pelvic region
- 9) Studies of self-murder or tone-detriment
- 10) Studies of harming another person

How will your croaker treat fatigue?

	MANAGING FATIGUE AT THE WORKSITE TOOLBOX TALKS	Page 4 of 4
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Your doctors suggest and provide a treatment plan that will consist and relate to what's causing your fatigue. To make an opinion, they will probably ask you questions about the nature of your fatigue, including when it started and whether it gets better or worse at certain times

1. other symptoms that you've been passing
2. other medical conditions that you have
3. your life and sources of stress
4. specifics that you 're taking

still, they may order some medical tests, if your croaker suspects you have a beginning medical condition that's causing your fatigue. For illustration, they may order blood or urine tests.

The best Foods That Beat Fatigue

- Unprocessed foods.
- Fruits and vegetables.
- Non-caffeinated beverages.
- Lean proteins.
- Whole grains and complex carbs.
- Nuts.
- Water.
- Vitamins and supplements.

What are some life changes that can help reduce fatigue?

Several measures can help lessen fatigue caused by diurnal conditioning. To help boost your energy situation and overall health

1. Drink enough fluids to stay doused
2. Practice healthy eating habits
3. Exercise on a regular base
4. Get enough sleep
5. Avoid known stressors
6. Avoid work or social schedules that are exorbitantly demanding
7. Take part in relaxing conditioning, similar to yoga
8. Hesitate from alcohol, tobacco, and other lawless medicines

These life changes may help ease your fatigue. It's also essential and prominent to follow your doctor's suggested treatment plan for any diagnosed health conditions. However, fatigue can take a risk on your physical and emotional well-being, if left undressed.