



# HEALTH AND SAFETY

Promoting a safer place to work and study



Curtin University

## HEALTH AND SAFETY ALERT

### Fatigue Management

#### Who needs to read this?

All Curtin University Staff, Students and Contractors

#### Background

Recently an incident occurred when a student fell asleep whilst driving on the freeway. The student was uninjured, however the car was written off and early investigation findings indicate that fatigue was likely a factor, as the accident happened in the early hours of the morning following fieldwork.

#### Information

According to Safe Work Australia, fatigue occurs when an individual is in a state of physical and/or mental exhaustion.

Students and staff can work under tight time pressures to meet deadlines. This can impact on their ability to eat and sleep well.

Signs of a fatigued person may include -

- chronic tiredness or sleepiness/drowsiness
- headache or dizziness
- difficulty concentrating
- blurred vision
- impaired hand-to-eye coordination/slow reflexes
- short-term memory problems
- moodiness, such as irritability
- low motivation
- appetite loss
- Excessive yawning/falling asleep at work

#### Recommendations

Fatigue can be a normal and is an important response to physical exertion, poor eating habits, emotional stress, boredom, or lack of sleep. Below are some suggestions to minimise fatigue and its effects.



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- Get enough sleep
- Limit caffeine
- Avoid sleeping pills
- Don't overeat and have a healthy diet
- Plan your activities to allow for adequate rests
- Learn how to relax
- Eat breakfast
- Don't skip meals
- Eat iron rich foods
- Drink plenty of water

## Who do we call with questions?

If you have any queries, please contact Health and Safety on 9266 4900 or email [healthandsafety@curtin.edu.au](mailto:healthandsafety@curtin.edu.au).

## References

[Safe Work Australia](#)

[Better Health Victoria](#)

## Date of Issue

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