

# PHOTON SCIENCES SAFETY NOTICE

## Fatigue

Whether it's due to workloads, travel, or non-work activities the result is the same – many of us are overly tired or sleep-deprived.

Sleep deprivation and the resulting fatigue can adversely affect manual dexterity, reaction time, alertness, and judgment, resulting in people putting themselves and their co-workers at risk. In fact, fatigue contributed to a recent injury at the APS. Fatigue due to inadequate rest can have a catastrophic impact on the safety of us all.

The risk arises when we don't realize we're tired and go on as if we're fine. When we try to function without enough sleep we have a reduced ability to recognize or avoid risks. We have a slower reaction time and fail to make appropriate responses. The quality and quantity of our work is reduced.

- 👍 You must take responsibility for getting enough rest.
- 👍 You must know how much sleep you need to perform optimally.
- 👍 During a work shift, notice when your concentration drifts or you start to nod off. When your attention wanders, get up and stretch or walk around or grab a quick snack.
- 👍 Casual chats may help maintain alertness and improve rather than detract from productivity.
- 👍 Dehydration increases the effect of fatigue, so drink more water at work.

To insure a good night's sleep, the National Sleep Foundation suggests that individuals should exercise during the day, establish a regular sleep schedule, and relax before bedtime. Before going to sleep, avoid heavy meals or caffeine, consume less or avoid alcohol and nicotine, and drink fewer fluids that may disrupt sleep. The Foundation cautions that certain drugs or sleep aids can sometimes interfere with natural sleep.

Following these simple, common-sense suggestions can help us maintain a safer workplace. We owe it to ourselves and to others.