

MONTHLY SAFETY BLAST FIGHTING FATIGUE



Jackman, Maine— Fifty-seven-year-old Christian Cloutier, of Quebec, told police he fell asleep before his truck hit two utility poles and flipped onto its side against a house in Jackman in July, sending logs rolling into the house and killing a boy who was sleeping on a downstairs couch. Assistant Somerset County District Attorney Brent Davis said an investigation concluded that speed was not a factor. He said the accident was caused by the driver falling asleep, possibly because of a medical condition. <http://www.pressherald.com/news/No-charges-against-trucker-who-fell-asleep-killed-boy.html>

Whether you are a farmer, rancher, commercial fisher, or involved in forestry or logging, agricultural work can be extremely demanding. Working long hours with dangerous equipment, large animals, and hazardous environments requires workers to be alert for extended periods of time which can contribute to fatigue. Due to the dangerous nature of the work, fatigue can pose an even greater risk to agricultural workers than other workers. When workers are fatigued, it can make them more susceptible to injuries or fatalities due to impaired response time or judgment.

Fatigue is more than occasionally feeling tired; it is a constant lack of energy. Fatigue can be caused by lack of sleep, long work hours, stress, depression, poor nutrition, grief, illness, medication, alcohol, or drug use.

Have you had any of these symptoms of fatigue?

- Headaches, dizziness, or blurry vision
- Slow reflexes and reaction time, poor concentration
- Feeling irritable, moody, and short tempered
- Aching, weak muscles
- Feeling tired all over or sleepy
- Falling asleep unexpectedly



Fight fatigue by getting a good night's rest every night, exercising regularly, eating healthy food, drinking plenty of water, taking short breaks during the day, pacing yourself, planning activities in advance, limiting alcohol, and reducing caffeine. Although agricultural, fishing, and forestry workers have demanding work loads, fighting fatigue can ultimately reduce the risk of injury and fatality and improve productivity.

Resources

<http://www.farmerhealth.org.au/?q=node/4304>

<http://southeastfarmpress.com/livestock/fatigue-often-leads-farm-accidents>

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