



MSHA's Occupational Illness and Injury
Prevention Program
Miner's Tip

**Your
Health
Comes
First!**

"Fatigue"

Category : **All Mines**
Mine Type: **Health**



Competition, prices, and markets have forced a new trend in every industry; downsizing. The 40 hour week is a thing of the past. Employers often expect employees to work longer hours. Although this may benefit both the employee and the employer, the price paid is usually fatigue. To relieve this problem, consider the following:

Best Practices:

- Encourage frequent breaks during work shift for rest, water and food
- Schedule job rotation and cross training to avoid boredom and maintain awareness
- Provide extra operators on each shift to relieve others
- Monitor behavior of employees for signs of fatigue and stress
- Provide avenues for training and counseling
- Ensure employees have adequate time off
- Encourage employees to reach a healthy balance between work and personal life

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Remember – Safety and Health are Values!