

Fatigue

Our Vision

At PRIMEXL we aim to be the partner of choice in the creation of better organisations and better lives.

Our Values

We value:

- **Meaningful relationships**
- **Premium quality services**
- **Innovation** – we are always looking for ways to add more value to our clients
- **Accountability for our performance**

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Fatigue refers to a feeling of tiredness and reduced alertness that is associated with drowsiness that can impair an individual's capability and willingness to perform a task.

Fatigue is a serious safety issue, as its influence on an individual's capacity to carry out tasks can be as detrimental as the impact of drugs or alcohol. Coupled with the fact that fatigue is difficult to measure, many people are inclined to 'soldier on' even when they are tired and fatigued.

Recent research has focused on the impact of fatigue on driving skills, as many fatal accidents can be attributed to fatigue. Driver fatigue impairs the ability to make sound, split second (and potentially life-saving) decisions.

Shift workers at higher risk of fatigue related accident

- **Lack of sleep.** People who work at night generally get about an hour or two less sleep per day than day-shift workers.
- **Time since sleeping.** A worker who sleeps until 1pm and gets off work at 7am is driving home after being awake for 18 hours. That's nearly twice as long as a day-time worker who wakes up at 7am and drives home at 5pm
- **The circadian factor.** The human body's circadian rhythms make it particularly hard to stay alert during the overnight hours.

Researchers at Queensland's James Cook University found that fatigue affected miner's performance to the same degree as a blood alcohol level of 0.05% or more.

Overtiredness and fatigue can increase attention lapses, slow reaction time, make it difficult to understand instructions or make decisions and increase the risk of errors or accidents.