

# IDENTIFY FATIGUE INTERVENTION POINTS AT YOUR WORKSITE!

Don't overlook fatigue as a safety hazard. Use the Fatigue Risk Trajectory to begin identifying, measuring, and reducing the risks surrounding it.

The Risk Trajectory is a cross-industry best practice. It outlines how, if left unmanaged, the escalation of fatigue can result in a fatigue-related incident. There are various points along the trajectory where a company can intervene.

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**Fatigue-related Incidents**  
Represents when a fatigued worker's **performance** has contributed to an incident. If previous fatigue-related behaviors were **unaddressed** or errors weren't properly evaluated, a fatigue-related incident is much more likely – which is an **active error** on the part of **management**.

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**Fatigue-related Errors**  
Represents the worker who hasn't had enough recuperative sleep, and now makes **work errors**, or has a **near-miss**. Rather than categorizing the event as "human error," evaluate it for potential fatigue-related factors. Ignoring the cause behind the human error could lead to **further errors or incidents** down the road.

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**Fatigue-related Behaviours**  
Represents a worker who hasn't had enough recuperative sleep and now is at work **showing signs of fatigue**. It's at this point where, if the fatigued worker isn't **managed**, an active error occurs.

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**Sleep Obtained**  
Represents when a worker is given the opportunity to get enough sleep, but **doesn't**. They may have **cut into their sleep time** for friends and family, or personal responsibilities. Or, they may have **poor quality sleep**.

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**Sleep Opportunity**  
Represents when an organization designs a work schedule that **doesn't allow workers to get the required 7-9 hours of sleep** (after commuting factors).