



SAFETY CORNER

FATIGUE & STRESS MANAGEMENT *August 2025*

ANOTHER SAFETY TOPIC FOR WORK THAT IS WORTH DISCUSSING WITH YOUR TEAM IS COPING WITH FATIGUE AND STRESS MANAGEMENT. LIVING AND WORKING IN A FAST-PACED WORLD WITH INCREDIBLY HIGH CUSTOMER AND ELECTRIC DEMANDS, FATIGUE AND STRESS HAVE BEEN A COMMON AND UNFORTUNATELY NORMALIZED PROBLEM IN THE MODERN INDUSTRY. THEY ARE GENERALLY THE RESULT OF NOT EATING A BALANCED BREAKFAST, SKIPPING LUNCH BREAKS, AND NOT GETTING THE REQUIRED SLEEP DUE TO LONG DUTY PERIODS, HEAVY WORKLOADS, AND DEMANDING DEADLINES. IF NOT IMMEDIATELY ADDRESSED, THEY CAN IMPAIR COGNITIVE AND BODY FUNCTIONING, SOMETIMES EVEN PERMANENT IMPAIRMENT, AND LONG-TERM MENTAL PROBLEMS, LIKE ANXIETY AND DEPRESSION.

STRESS MANAGEMENT TECHNIQUES:

- USE DEEP BREATHING OR MINDFULNESS TECHNIQUES TO STAY CALM.
- TALK TO COWORKERS OR SUPERVISORS ABOUT STRESSORS.
- ENGAGE IN PHYSICAL ACTIVITY OUTSIDE WORK FOR STRESS RELIEF.
- ESTABLISH A WORK-LIFE BALANCE BY PRIORITIZING PERSONAL TIME.
- SEEK SUPPORT FROM EMPLOYEE ASSISTANCE PROGRAMS (EAPS) IF AVAILABLE

FATIGUE PREVENTION:

- GET ENOUGH SLEEP BEFORE WORK SHIFTS.
- TAKE SCHEDULED BREAKS AND AVOID EXCESSIVE OVERTIME.
- STAY HYDRATED AND EAT NUTRITIOUS MEALS.
- RECOGNIZE THE SIGNS OF FATIGUE IN YOURSELF AND YOUR COWORKERS.
- SPEAK UP IF YOU FEEL TOO TIRED TO WORK SAFELY.

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