

SAFETY MEETING



TOPIC - STRESS & FATIGUE IN THE WORKPLACE

Stress and fatigue can have serious consequences for both the individual and the company. It is important to recognize and manage these factors in order to maintain a safe and healthy work environment.

What is stress?

Stress is the body's response to pressure or demands. It is a natural response that can help us to perform at our best in certain situations. However, excessive or prolonged stress can have negative impacts on our physical and mental health.

What are the signs of stress?

There are many signs of stress, including:

- Physical symptoms such as headache, fatigue, and difficulty sleeping
- Emotional symptoms such as irritability, mood swings, and difficulty concentrating
- Behavioural symptoms such as changes in appetite or habits and difficulty making decisions

What is fatigue?

Fatigue is a state of physical and/or mental exhaustion that can be caused by a variety of factors. It can be a result of stress, lack of sleep, or overwork, among other things. Fatigue can impair judgment and increase the risk of accidents and injuries.

How can we manage stress and fatigue on the job?

There are several steps that can be taken to manage stress and fatigue on the job:

- Take breaks: Make sure to take regular breaks throughout the workday to rest and recharge.
- Get enough sleep: Make sure to get enough sleep at night in order to stay alert and focused on the job.
- Exercise and eat well: Exercise and eating a healthy diet can help to reduce stress and fatigue.
- Seek support: If you are feeling overwhelmed, it can be helpful to talk to someone about it. This could be a coworker, supervisor, or a professional such as a therapist.
- Set boundaries: Make sure to set boundaries and prioritize tasks in order to avoid overloading yourself with work.

By recognizing and managing stress and fatigue, we can create a safe and healthy work environment for all employees. It is important to remember that it is okay to ask for help when you need it, and that taking care of your physical and mental health is essential for overall well-being.

SAFETY MEETING

Date: _____Chairman: _____

Location: _____Speakers: _____

ATTENDANCE			
NAME	SIGNATURE	NAME	SIGNATURE

LAST SAFETY MEETING REVIEW:

DISCUSSION TOPICS:

INCIDENT REVIEW:

RECOMMENDED ACTIONS	ACTION BY	TARGET DATE