

Why Managing Fatigue is Important All the Time

Do you set goals for a new year?

What are your fatigue management goals?

Consider these:

- Sleep eight hours of each day.
- Eat properly to maintain a proper weight.
- Exercise 30 minutes five days each week.
- Drink an adequate amount of water daily.
- Schedule a physical with a doctor and discuss possible sleep disorders.



For some must watch, while some must sleep. Thus runs the world away. ~ Shakespeare

More people are watching and working at night than in Shakespeare's time. The need for sleep has not changed, and it is harmful when we do not sleep about eight hours of each day. It is best to sleep at night, but a night time worker also needs eight hours of sleep, even though it is difficult to sleep in the daytime.

Those who watch at night, like those who watch in the day, are monitoring and controlling critical parameters. All must be alert and vigilant in order to react promptly and correctly when something abnormal occurs. Citizens rely on those who work in hazardous industries to watch and to keep them safe from harm.

We cannot be like the walking dead, stumbling through our duties or falling asleep at the control console, letting the world run away.

Why is it important for you to manage your fatigue?

Why is it important for your company and you to develop a fatigue risk management system?