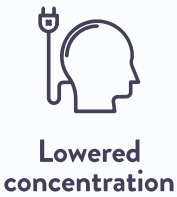


# WHAT IS FATIGUE?

**FATIGUE IS A STATE OF PHYSICAL AND/OR MENTAL EXHAUSTION.**

It can reduce a person's ability to perform work safely and effectively, fatigue reduces alertness which may lead to errors and an increase in workplace incidents and injuries.

## SIGNS OF FATIGUE



# FATIGUE CAN CAUSE FATALITY AND INJURY WHEN DRIVING

In 2018, fatigue was a factor in

**22 FATAL CRASHES**

(NZTA)

In 2018, fatigue was a factor in

**99 SERIOUS INJURY CRASHES**

(NZTA)

## IMPACTS OF FATIGUE

### DECREASED

- Decision making ability
- Ability to do complex planning
- Communication skills
- Productivity/performance
- Attention and vigilance
- Ability to handle job stress
- Reaction time
- Memory/ability to recall details

- Tendency for risk-taking
- Forgetfulness
- Errors in judgement
- Sick time and absenteeism
- Medical costs
- Accident rates

### INCREASED



#### Your responsibility in managing fatigue

Under the Health & Safety At Work Act 2015, A Person Conducting a Business or Undertaking must ensure, so far as is reasonably practicable, the health and safety of workers, and that others are not put at risk from their work. There are ways to mitigate worker fatigue. For more information on fatigue go to <https://worksafe.govt.nz/topic-and-industry/work-related-health/fatigue/fatigue-whats-the-problem/>



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