

LOOK. THINK. DO.

Look out for danger. Think of how you can protect yourself. Do your work safely.

6 Basic Workplace Safety and Health (WSH) Rules for Fatigue Management

Fatigue refers to a state of tiredness which can affect a person's ability to carry out work safely. Causes of fatigue include long work hours, strenuous work activity or lack of sleep or rest. If left unmanaged, fatigue may lead to an increase in workplace accidents.

Report to your supervisor if you feel tired.



Look out for your co-workers.



Use the right equipment to make the work less strenuous.



Do not work excessive hours.



Take rest breaks or power naps as necessary.



Sleep more and sleep well.



Learn more from the WSH Guidelines on Fatigue Management at www.wshc.sg/resources.