








Fighting Fatigue

I'm struggling with my lengthy shift patterns...

Am I getting enough sleep?

Common symptoms of fatigue:

-  headaches
-  loss of attention
-  poor memory
-  feeling irritable
-  poor coordination
-  loss of concentration
-  feeling tired and/or stressed

Does this sound like you or another crew member?



Dangers of fatigue

Fatigue can negatively affect the health and safety of you and others. It is thought to be the leading cause of maritime accidents. Seafarers suffering from fatigue may also experience other physical and mental health issues.



What you can do

- do not continue to work into your rest period
- stay hydrated
- eat a healthy diet
- take 20 minute naps during breaks
- some light exercise to increase energy levels

Talk to your manager

- discuss making changes to your shift patterns
- discuss ways to avoid working into your breaks
- reflect on what else could be causing fatigue i.e., mental health, family matters
- ask for resources for mental health
- create a fatigue management plan



gov.uk/government/publications/mgn-505-human-element-guidance-fatigue-and-fitness-for-duty



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