

Every employee and contractor, working for Northern Powergrid, should go home at the end of each shift uninjured and in good health after a productive days work

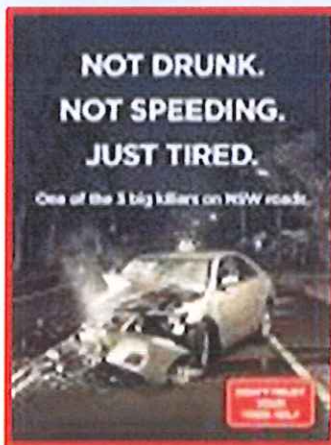
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## Managing fatigue and why it is important?

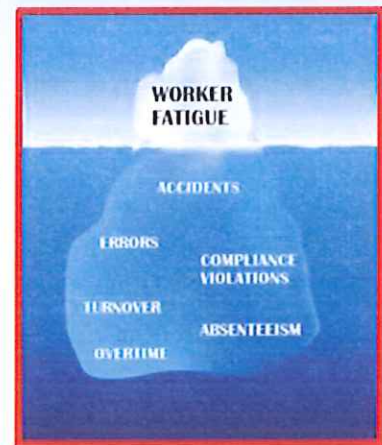
Long working hours that do not balance the demands of work with time for rest and recovery can result in fatigue, accidents, injuries and ill health. Fatigue is generally considered to be a decline in mental and/or physical performance that results from prolonged exertion, sleep loss and/or disruption of the internal clock. Fatigue results in slower reactions, reduced ability to process information, memory lapses, absent-mindedness, decreased awareness, lack of attention, underestimation of risk, reduced coordination etc. Fatigue has been implicated in 20% of accidents on major roads and can be a root cause of work related accidents.



**Fatigue can lead to errors and accidents, ill-health and injury.**



Fatigue is being mentally tired or exhausted, associated with lower alertness, reduced performance and impaired decision making. When you are fatigued your mind or eyes can be off task and you can make errors in judgement. There is a direct link between fatigue and increased risk of being involved in an incident or accident. There are a number of things that contribute to fatigue including lifestyle, stress, depression or illness but they usually relate to lack of sleep, either in quantity or quality



### Northern Powergrid defined triggers for initiating management action

- ⇒ Exceeding a maximum daily continuous working time of 16 hours (including travelling) over 3 consecutive days. (Including travelling).
- ⇒ Exceeding the average weekly working time (48 hours) over three consecutive weeks taking account of all rest time and sleeping periods.
- ⇒ Working a total of more than 60 hours over 6 continuous days
- ⇒ Working 14 days consecutively
- ⇒ During exceptional circumstances associated with emergency / MIMP conditions working hours will be monitored on a real time basis as part of the MIMP planning strategy.

### Here are five ways to fight fatigue and stay safe

1. Get eight hours of sleep before starting work.
2. Stay hydrated by drinking plenty of water especially if working in the heat.
3. Take all scheduled work breaks – a snack or exercise during the break will refresh you.
4. See your Doctor about sleep disorders, medications for illness.
5. Eat a well-balanced diet especially at the beginning of the day.

