

# TOOLBOX TALKS

## FATIGUE AVOIDANCE

Toolbox Talks are designed to promote safety discussions and best practices on the jobsite. To see more Toolbox Talks, please visit [cat.com/toolboxtalks](http://cat.com/toolboxtalks).

### SIGNS OF FATIGUE

- Tiredness
- Falling asleep unwillingly
- Irritability
- Depression
- Loss of appetite

### EFFECTS OF FATIGUE

- Hindered decision-making ability
- Reduced productivity
- Inattentiveness
- Reduced ability to handle stress
- Loss of memory or ability to recall details
- Decreased reaction time

### PREVENTION

- Take frequent breaks for water, rest and food
- Encourage job rotation to avoid repetition and maintain awareness
- Monitor behavior of co-workers for signs of fatigue, and relieve them whenever possible
- Ensure the availability of adequate time off
- Find a healthy balance between work and personal life
- Become aware of training and counseling opportunities

Discussion Date:

Employee Participants:

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There are a lot of moving parts on the jobsite. To find a safety topic relevant to your operation, please visit [cat.com/toolboxtalks](http://cat.com/toolboxtalks).