

Steps to Manage Fatigue on Farms

All farms must have fatigue management within their safety plan.

While there is no one-size-fits all solution, there are steps that can be taken to reduce the risks.

The Safe Work Australia Guide for Managing the Risk of Fatigue at Work has a wide range of actions that you should consider.

STEP 1

As part of the safety induction with workers and contractors, discuss how you manage fatigue on your farm, including identifying signs of fatigue and reporting procedures.

STEP 2

Structure work rosters to reduce potential for fatigue-related issues. This can include the length and timing of shifts and breaks, the number of shifts in a row and the days off between shifts.

STEP 3

Check to ensure workers have got enough sleep (you could use the fatigue self-assessment wall chart as a start). Have specific actions about what will happen if a worker has not had enough sleep.

STEP 4

Build on your discussions (STEP 1), workers watch for signs of fatigue in themselves and others. Have clear steps to allow control measures to be put in place when fatigue signs are reported to reduce risk.

STEP 5

Recognise fatigue and take steps to limit risks including (where practical):- working in pairs, changing tasks, moving safety critical and monotonous tasks to daytime, increasing breaks, napping, increasing frequency of checking on workers fatigue.

STEP 6

Use your experiences to provide feedback on fatigue and to keep improving your fatigue system and controls.