

Fatigue Management



Fatigue – A serious risk

The presence of fatigue can present a real risk to safety. Physical fatigue can cause physiological and musculoskeletal disorders and injuries. Mental fatigue can cause lapses and slips that may lead to serious or potentially fatal incidents.

As a volunteer serving in our church, your supervisor or oversight are mindful that you have other commitments, but won't always know what they are and how they impact you.

To reduce the risk of fatigue:

- ensure you get adequate sleep, hydration and rest while away from work
- accept roles and rosters that allow time for your other commitments, including rest and relaxation
- take into consideration the travel time required to and from the place you serve
- before commencing your task, plan for periodic breaks and arrange with your supervisor
- while serving be sure to ask for help if you need it
- speak to your supervisor if your personal or work circumstances have changed.

Note: If you are suffering from fatigue you must inform your supervisor immediately.