

Shiftwork, Long Hours and Fatigue

PROJECT / SITE	DATE	TALK LED BY

THE HAZARD

Short days and dark commutes turn fatigue into a seasonal hazard rather than a general one. Sleep debt takes reaction time and judgment first, and it takes them before anyone feels unsafe.

WHAT GOES WRONG

- The last hour of a long shift, on the task everyone wanted to finish before going home.
- Doubling up shifts to cover an absence, with no change to the work assigned.
- Driving home after a twelve-hour shift in the dark, which is where a lot of the harm lands.
- Caffeine used to push through, which masks the symptoms without fixing the deficit.

CONTROLS: BEFORE YOU START

- Schedule the highest-risk work for the earlier part of the shift where you can.
- Take the breaks. A crew that skips them is slower by the end, not faster.
- Speak up if you are too tired to be doing what you have been asked to do.
- Watch for the signs in others: repeated mistakes, staring, short temper, missed steps.
- Plan the drive home the same way you plan the work, especially after a long shift.

ASK THE CREW

1. What is the actual shift pattern on this job this week?
2. Who is doubling up, and does their work assignment reflect that?
3. Which task today needs the most attention, and when is it scheduled?
4. How far does everyone here drive after the shift ends?

ATTENDANCE RECORD

Everyone present signs below. This sheet is the record of the talk.

PRINT NAME	SIGNATURE
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	
11	
12	
SUPERVISOR / COMPETENT PERSON	SIGNATURE