



Safety Matters March 2016



Important Dates for March:

- 7 **Toolbox Talk "Check plans for unplanned spills"**
- 14 **Conduct PlantSafes**
- 21 **Complete Supervisor's Checklist**
- 28 **Record odometer for FBT reporting**

Disclaimer: The tax lodgement dates are for a small business that reports quarterly. It is your

responsibility to check that these dates are relevant to your business. Check www.ato.gov.au/TaxCalendar

Fatigue

Profile: Anthony Wise

PF Olsen Australia

What is fatigue?

Fatigue is more than feeling tired and drowsy. In a work context, fatigue is a state of mental and/or physical exhaustion which reduces a person's ability to perform work safely and effectively.

It can occur because of prolonged mental or physical activity, sleep loss and/or disruption of the internal body clock.

Fatigue can be caused by factors which may be work related, non-work related or a combination of both and can accumulate over time.

Why is fatigue a problem?

Fatigue can adversely affect safety at the workplace. Fatigue reduces alertness which may lead to errors and an increase in incidents and injuries, particularly when:

- operating fixed or mobile plant, including driving vehicles
- „undertaking critical tasks that require a high level of concentration
- „undertaking night or shift work when a person would ordinarily be sleeping.

The effects of fatigue can be short or long term. The longer term health effects of fatigue can include:

- heart disease
- diabetes
- high blood pressure
- „gastrointestinal disorders
- „lower fertility
- „anxiety
- „depression

We must become proactive in managing fatigue not only in our work lives but in our lives generally. I recommend you all read the following:

<http://www.safeworkaustralia.gov.au/sites/SWA/about/Publications/Documents/825/Managing-the-risk-of-fatigue.pdf>

Need Help?

with your Contractor Management System

- Need assistance with accessing your contractor management system?
- Got an audit coming up?
- Purchased new equipment?
- Starting a new type of job?

The technical support team is ready to assist you with all of your questions and queries.

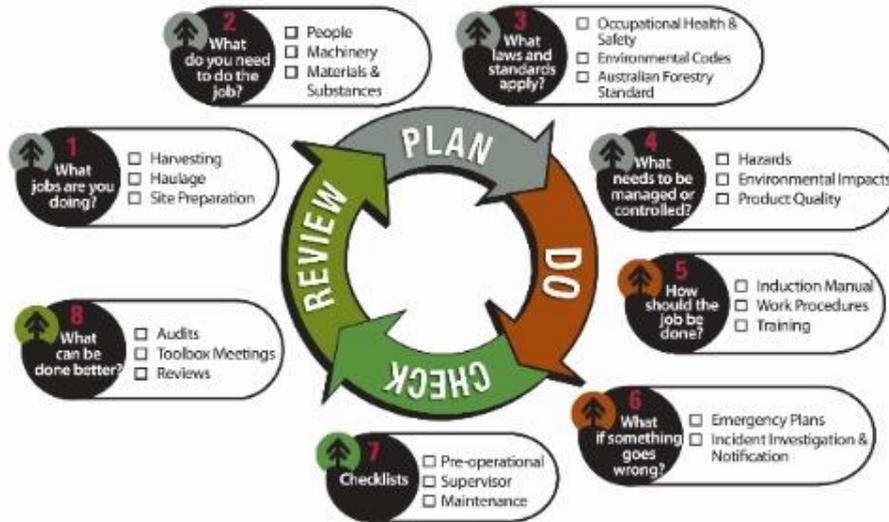
Please contact Erin (Technical) or Melissa (Accounts) on **1800 054 659**

Contractor Management Systems:

Managing OH&S and environmental systems can be a paperwork nightmare. Our online systems aim to reduce the amount of paperwork, remind you when something needs to happen and provide a secure place to keep important business records.

Visit forestsmart.com for more information

Simple Steps to Superior Performance



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