TAKE 5 FOR SAFETY

# 5-MINUTE SAFETY DRILL

## Fatigue: Should Be Addressed Today!

**Date:**_____

**Student:**_____

**Dept:**_____

**Station:**_____

**Training Code:**_____

NOTES:

### CHALLENGE

Fatigue is a major safety issue for today's workforce. The primary causes of fatigue are insufficient sleep and nutrient deficiency. Studies have proven that shift work is a major contributor to fatigue. As firefighter shifts become longer, will this create new safety issues for the fire service? The determinations of many accident investigations point to driver error as a primary cause of the accidents.

### DISCUSSION

- How often have you experienced fatigue?
- How does fatigue affect your ability to perform tasks?
- Is lack of sleep the primary cause of your fatigue?
- What have you done about it in the past?
- Have you evaluated your diet?
- What lifestyle changes do you think can reduce fatigue?
- Is this an issue with our district?
- Do you think extended shifts will be a factor?
- What can the district do to assist firefighters in dealing with the issue of fatigue?

**The greatest asset of the fire service is our people; protect them!**

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