TAKE 5 FOR SAFETY

5-MINUTE SAFETY DRILL

Fatigue: Sleep Depravation is a Culprit

Date:_____

Student:_____

Dept:_____

Station:_____

Training Code:_____

NOTES:

CHALLENGE

The determinations of many accident investigations point to driver error as a primary cause of the accidents. One of the factors involved in driver error has been fatigue. Studies have shown that fatigue contributes to mistakes. The primary causes of fatigue are insufficient sleep and nutrient deficiency. The medical world recommends 8-9 hour sleep per day. When operating a large piece of apparatus, we must be alert.

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?
- 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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