# **Factors of Fatigue**



Fatigue is a complex issue that can result from increased hours of work, work-related stress, time spent driving, night shift driving, and other activities of the workplace. Fatigue can also be caused by issues outside of the workplace, including personal and environmental factors.

Fatigue is associated with reduced alertness and drowsiness which impairs both the ability and willingness to perform. Being awake for 17 hours can impair mental tasks in a similar way as having a blood alcohol concentration of 0.05 percent (Fourie et al., September 2010).

#### Work-Related Factors

- •Long work hours and periods of being awake
- •Working at night
- •Continuous mental/physical effort
- •Lack of enforcing hours of service regulations
- •Work-related stress
- •Lack of training, education, and regular medical testing

## **High Risk**

## Environmental Factors

- •Heat, noise, vibrations
- •Lack of nutritious food/drink
- Stress due to traffic congestion or extended periods of waiting

### Personal Factors

- Mental exhaustion
- Social problems
- •Poor diet
- •Lack of exercise
- •Economic problems
- Medical issues related to fatigue
- Illness
- Drug Use
- •Psychological and mental conditions
- •Family/relationship issues
- Poor sleep quality

(Fourie et al., September 2010)