

## Mental Health & Safety

Fighting fatigue isn't just about avoiding accidents – it's about feeling sharper, managing stress better and protecting your overall well-being.

### Feeling Fatigued

*Fatigue is feeling constantly mentally or physically exhausted.*

Some causes of fatigue are:

**Work-related** - working long hours, poor work-life balance, or a high-pressure job

**Personal** - financial stress, living with chronic illness, lack of social support, and strained relationships

Fatigue often goes hand-in-hand with burnout - a state of chronic stress - that leads to:

- Physical and emotional exhaustion
- Cynicism and detachment
- Feelings of ineffectiveness and/or lack of accomplishment

**69%** of workers feel fatigued at work\*

**97%** of fatigued workers have reduced cognitive performance – they tend to make more errors, become less productive and are unable to make reasonable judgements.\*

#### How to cope with fatigue:

- **Remove the stressor** – ask for help if you're overwhelmed and set personal boundaries
- **Take a break** – take time to pause and recharge
- **Exercise** – help your body protect itself from stress
- **Practice relaxation techniques** – mindfulness, yoga, or deep breathing exercises
- **Get more sleep** – create a bedtime routine & stick to it
- **Contact your doctor** - if fatigues interferes with your daily activities they may be able to help.

*\*According to Associated General Contractors*

*Employee Assistance Program (EAP) providers vary from country-to-country and individual benefits packages. Please read the EAP eligibility statements noted within the materials under your country on [UndertheHat.com](http://UndertheHat.com).*

# CREW SIGNATURES

Project:		Supt:	
Date:		Foreman:	

## Topic:

Crew Member Names
