

# FATIGUE SOUNDS LIKE:

I can't concentrate  
on anything

Geez! that was a  
close call!

The project **deadline is too tight** and we **can't keep up**

I can't keep these hours up.  
**I miss seeing my kids**

My **body is aching** from  
these constant **night works** and **long hours.**

These hours just **aren't working**, my work mates are  
relying on **drugs** to stay **alert and awake.**

## Work-related fatigue is a killer.

Work-related fatigue is mental or physical exhaustion that reduces your ability to work safely or effectively. Work-related fatigue can occur when you are managing excessive workloads or deadlines, or when the work is physically, emotionally or cognitively demanding. Work-related fatigue can result in serious injury or even death.

If you feel like you are exhausted because you don't have enough time to do the work you have, your roster doesn't allow you time to recover before your next shift, or you don't have the resources to do your job, you have options. Speak to your manager, human resources team or Health and Safety Representative (HSR) to get help. If these internal processes fail, you can report your concerns to WorkSafe ACT, and our psychosocial team will look into it. You can even report it anonymously.

