



# Let's talk fatigue

## Stay alert and stay safe

To find out more about Fatigue and how to actively manage the risk, reach out to Shell Health or Road Safety.

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## Q3. How do you recognise fatigue?



### Talking points

- What happens to you when you are tired?
- Do you notice any symptoms? What are they?
- What do you do about it? Does it help?

### Conclusions

- Look out for the signs of fatigue and never ignore them – you may need to stop what you're doing and have a break or switch to something else, for example: poor memory, less focus, staring, yawning, fidgeting, rubbing eyes, irritable and slurred speech
- Let your colleagues and / or manager know when you feel fatigued – discuss with them the risks and what you should do



## Q2. When you drive tired, what have you noticed?



### Talking points

- What did that feel like? Did you remember the whole journey?
- Did you notice the impact it had on your driving?
- Did you reach your destination without any problem?

### Conclusions

- Don't drive tired – 20% of road fatalities are fatigue-related
- If you get tired on the road, pull over in a safe place and stop driving
- Tip – to convince a driver to stop, ask him why he / she wants to stay safe?
- Be aware that driving following night work can increase the risk of fatigue and the likelihood of driver error and accidents

## Q1. How does constantly being on the go affect you?



### Talking points

- What do you spend time on? ... work / learning / family / friends?
- Is this always in balance?
- How would you bring balance back into your life?

### Conclusions

- Life can feel like you're on a hamster wheel – this is your wake-up call to take care
- Be aware that you need to have some balance to enjoy work and life and to get plenty of sleep
- Sleep helps you engage with people, innovate, cope with change and maintain perspective

## Q5. What's your bedtime routine?



### Talking points

- What is your routine before you go to sleep?
- Do you use the same routine when you travel and sleep away from home?
- Does it help you? How?

### Conclusions

- Develop a bedtime routine that will help you get off to sleep more easily and get a better night's sleep – it can be as simple as taking a shower, brushing your teeth and reading a book
- If you don't have one, and you find getting off to sleep slow or difficult, develop a routine and see what happens – it's never too late to start good sleeping habits

## Q4. How much sleep do you need?



### Talking points

- Do you feel rested when you get out of bed after a sleep?
- Have you been diagnosed with a sleep disorder? Is anyone willing to share their experience?
- Are you a morning person (lark) or evening person (owl)?

### Conclusions

- Know how much sleep you need to feel rested and able to function well – this tends to be around seven to nine hours' sleep in every 24 hours
- Make sure you are getting enough sleep – protect your sleep and it will protect you





# We're asking some of the big questions

Fatigue stops all of us from performing at our best – it affects everything from our reactions and our mood to our general health and wellbeing.



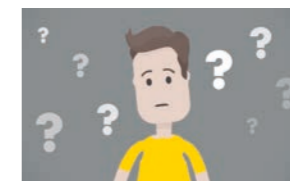
Watch our video on fatigue:  
[youtu.be/TH2fFeGe8Os](https://youtu.be/TH2fFeGe8Os)



How does constantly being on the go affect you?



When you drive tired, what have you noticed?



How do you recognise fatigue?



How much sleep do you need?



What's your bedtime routine?

Are you fatigued?

**STOP**  
and stay safe