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KARRATHA

Toolbox Topic

Fatigue Management Basics

TAT-NAT-PRE-0002

What Would Happen if you Didn't Sleep

Access this [LINK](#) to watch the YouTube video (4 minutes & 34 seconds).



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Sleep Stages

Sleeping is supposed to consist of four (4) stages plus REM sleep (Rapid Eye Movement).

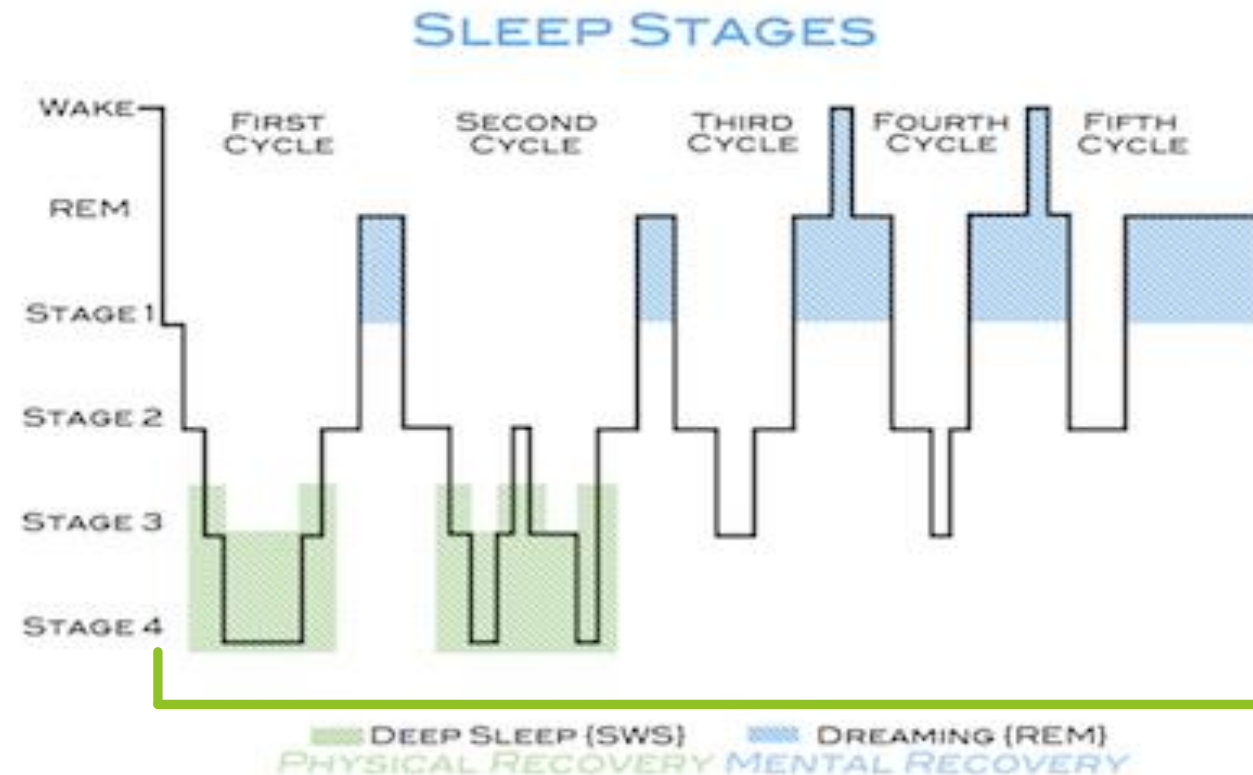
It is important to through all of these stages to have sufficient sleep and rest for mental and physical recovery.

Interrupting these stages, such as waking up, reduced sleeping time or not having deep sleep reduces the quality of sleep.



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Age	Sleep Time Needed
0 - 3 months	14 - 17 hrs
4 - 11 months	12 - 15 hrs
1 - 2 years	11 - 14 hrs
3 - 5 years	10 - 13 hrs
6 - 13 years	9 - 11 hrs
14 - 17 years	8 - 10 hrs
18 + years	7 - 9 hrs



Sleep Time

Sleep Debt

A person needing 8 hours of sleep but only getting 6 would build a sleep debt of 2 hours that day, and when they get 6 hours for 5 days that builds a sleep debt of 10 hours.

Consider sleeping as developing energy, and as sleep debt builds, brain and body energy deteriorates.

Sleep is needed to pay down this debt.

If you have built up sleep debt, allow for extra time for sleep: go to bed early. You sleep more deeply when you are deprived, if you have not had enough sleep for many days, it might take several nights of good-quality sleep to recover.



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Sleeping Environment

Creating a good sleeping environment is key to help you fall asleep, which include:

- A dark environment
- Cool temperature (down to 19 degrees Celsius)
- No noise
- No strong odours
- Comfortable bedding and cleaned regularly
- Go to bed showered and clean



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Ways to Keep Cool for Sleeping

Sleeping in a cooler room has health benefits including falling asleep faster. It promotes fat burning, and regulate the hormone system and metabolism. Cooler temps also improves Rapid Eye Movement (REM) and encourages deep sleep.

- Cool the room prior to going to bed
- Blinds and curtains can keep the room cool throughout the day
- Use a fan to keep the air circulating
- Use cooler bedding and accessories, including sheets, mattresses and pillows
- Have a cold shower before bed to lower your body temperature
- Consider sleeping with no clothing or using more breathable pyjamas
- Place a pillow under your knees when on your back, or between your knees when laying on your side. This separates the legs and allows for air to flow.



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The Importance of Having a Fatigue Management Policy



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Policies are the company's commitment to managing high-risk and valuable aspects that affect the business, its employees, internal and external stakeholders.

The fatigue management policy should identify the commitment the company has reducing fatigue-related risk to its operations by implementing such things as:

- ▶ Maximum work hours
- ▶ Maximum days and nights worked
- ▶ Checks and balances to ensure staff do not operate severely fatigued

Test & Tag Karratha can assist businesses in developing their policies, procedures and HSEQ management plans to continuously improve HSEQ and productivity.

References

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www.testandtagkarratha.com.au



0439 969 239



testandtagkta@gmail.com