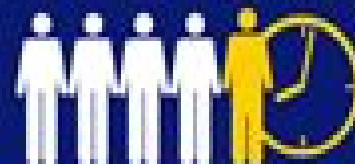


FATIGUE AND WORK

Fatigue is the state of feeling very **tired**, **weary** or **sleepy** resulting from insufficient sleep, prolonged mental or physical work, shift work, or extended periods of stress or anxiety.

Boring or repetitive tasks can intensify feelings of fatigue.

repetitive
repetitive
repetitive



Five shift worker in **five** zones off during a shift. ^[1]

SIGNS



Night, evening, rotating and irregular shifts are associated with an increased risk of occupational injury due to **worker fatigue**, **less supervision** and **reduced co-worker support**. ^[2]

Staying awake for **24 hours** straight affects the human body almost exactly like a blood alcohol level of **.10%**, which exceeds Canada's legal limit for drivers.



Impacts of fatigue

DECREASED

- decision making ability
- ability to do complex planning
- communication skills
- productivity / performance
- attention and vigilance
- ability to handle job stress
- reaction time
- memory / ability to recall details

- tendency for risk-taking
- forgetfulness
- errors in judgement
- sick time and absenteeism
- medical costs
- accident rates

INCREASED

Fatigue is regarded as having an impact on work performance. Most accidents occur when people are more likely to want sleep – between **midnight and 6 am**, and between **1-3 pm**. ^[3]



Fatigue is increased by...



Tips for workers

- EAT** a healthy diet that promotes long-lasting energy. Complex carbohydrates (bananas) are preferable to simple carbohydrates (sugars). Avoid fatty foods and junk food.
- ADOPT** a steady exercise routine that includes cardiovascular, muscle strengthening and flexibility workouts.
- GET** to get at least 7.5 - 8.5 hours of sleep per night.
- STAY** positive. Make a conscious effort not to be overwhelmed by negative circumstances.
- AVOID** driving if you are tired, especially in inclement weather where caution is required.
- AVOID** excessive noise.

Advice for employers

- ENHANCE** the work environment does not promote fatigue. Try to avoid dim lighting, steady temperatures, and excessive noise.
- ADAPT** job tasks to eliminate repetition or long periods of boring, monotonous work.
- DECOMPOSE** and encourage taking breaks.
- TRAIN** workers on the importance of getting enough rest and how to achieve work-life balance.
- REDUCE** overtime shifts, and rotate shifts in the direction of the sun (morning, afternoon, night, in that order).



[1] <http://www.ccohs.ca/osh/safety/topics/shiftwork/00010101.htm>
[2] <http://www.ccohs.ca/osh/safety/topics/shiftwork/00010101.htm>
[3] Health, Human Resources and Employment, Fatigue, Extended Work Hours, and Safety in the Workplace in Workplace Health and Safety, June 2004, last modified August 2010

Stress Workload And Fatigue

Peter A. Hancock, Paula A. Desmond



Stress Workload And Fatigue:

Stress, Workload, and Fatigue Peter A. Hancock, Paula A. Desmond, 2000-11-01 The purpose of this volume is to seek out describe and explain the shared commonalities of stress fatigue and workload To understand and predict human performance response we have to reach beyond the sterile information processing models to incorporate the emotive affective or more generally energetic aspects of cognition These facets of behavior surface most readily when the individual acts under stress is faced by significant cognitive workload or is in the grip of fatigue However energetic characteristics are pervasive and exert a vital and ubiquitous influence even when they are not obviously in play as in extreme circumstances Indeed one cannot hope to understand behavior without their inclusion and integration into models and theories This text addresses such theoretical questions as one of its main thrusts However in addition to the drive for scientific understanding there are requirements in our progressively more utilitarian society which generate the need for a more fundamental understanding of this particular topic

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Handbook of Individual Differences in Cognition Aleksandra Gruszka, Gerald Matthews, Blazej Szymura, 2010-06-16 As cognitive models of behavior continue to evolve the mechanics of cognitive exceptionality with its range of individual variations in abilities and performance remains a challenge to psychology Reaching beyond the standard view of exceptional cognition equaling superior intelligence the Handbook of Individual Differences in Cognition examines the latest findings from psychobiology cognitive psychology and neuroscience for a comprehensive state of the art volume Breaking down cognition in terms of attentional mechanisms working memory and higher order processing contributors discuss general models of cognition and

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Handbook of Driving Simulation for Engineering, Medicine, and Psychology Donald L. Fisher, Matthew Rizzo, Jeffrey Caird, John D. Lee, 2011-04-25 Effective use of driving simulators requires considerable technical and methodological skill along with considerable background knowledge Acquiring the requisite knowledge and skills can be extraordinarily time consuming yet there has been no single convenient and comprehensive source of information on the driving simulation research being conducted

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Air Traffic Control Revitalization Act of 1981 United States. Congress. House. Committee on Post Office and Civil Service, 1982

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Augmented Intelligence and Intelligent Tutoring Systems Claude Frasson, Phivos Mylonas, Christos Troussas, 2023-05-21 This book constitutes the refereed proceedings of the 19th International Conference on Augmented Intelligence and Intelligent Tutoring Systems ITS 2023 held in Corfu Greece during June 2 5 2023 The 41 full papers and 19 short papers presented in this book were carefully reviewed and selected from 84 submissions The papers are divided into the following topical sections augmented intelligence in tutoring systems augmented intelligence in healthcare informatics augmented intelligence in games serious games and virtual reality neural networks and data mining augmented intelligence and metaverse security privacy and ethics in augmented intelligence and applied natural language processing

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presented in this volume were organized in topical sections named brain computer interfaces electroencephalography and brain activity measurement and cognitive modeling and physiological measuring International Encyclopedia of Ergonomics and Human Factors Waldemar Karwowski, 2001 Driver Behaviour and Training: Volume 2 Dr. Lisa Dorn, 2017-07-05 Research on driver behaviour over the past two decades has clearly demonstrated that the goals and motivations a driver brings to the driving task are important determinants for driver behaviour The importance of this work is underlined by statistics WHO figures show that road accidents are predicted to be the number three cause of death and injury by 2020 currently more than 20 million deaths and injuries p a The objective of this second edition and of the conference on which it is based is to describe and discuss recent advances in the study of driving behaviour and driver training It bridges the gap between practitioners in road safety and theoreticians investigating driving behaviour from a number of different perspectives and related disciplines A major focus is to consider how driver training needs to be adapted to take into account driver characteristics goals and motivations in order to raise awareness of how these may contribute to unsafe driving behaviour and to go on to promote the development of driver training courses that considers all the skills that are essential for road safety As well as setting out new approaches to driver training methodology based on many years of empirical research on driver behaviour the contributing road safety researchers and professionals consider the impact of human factors in the design of driver training as well as the traditional skills based approach Readership includes road safety researchers from a variety of different academic backgrounds senior practitioners in the field of driver training from regulatory authorities and professional driver training organizations such as the police service and private and public sector personnel who are concerned with improving road safety **Neuroergonomics** Raja Parasuraman, Matthew Rizzo, 2008 Neuroergonomics can be defined as the study of brain and behavior at work It combines two disciplines neuroscience the study of brain function and human factors the study of how to match technology with the capabilities and limitations of people so they can work effectively and safely The goal of merging these two fields is to use the startling discoveries of human brain and physiological functioning both to inform the design of technologies in the workplace and home and to provide new training methods that enhance performance expand capabilities and optimize the fit between people and technology Research in the area of neuroergonomics has blossomed in recent years with the emergence of noninvasive techniques for monitoring human brain function that can be used to study various aspects of human behavior in relation to technology and work including mental workload visual attention working memory motor control human automation interaction and adaptive automation The proposed volume will provide the first systematic overview of this emerging area describing the theoretical background basic research major methods as well as the new and future areas of application This collection will benefit a number of readers the experienced researcher investigating related questions in human factors and cognitive neuroscience the student wishing to get a rapid but systematic overview of the field and the designer interested in

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Advances in Traffic Psychology Mark Sullman, 2019-07-23 Traffic psychology is a rapidly expanding and broad field within applied psychology with a considerable volume of research activities and a growing network of academic strands of enquiry The discipline primarily focuses on the behaviour of road users and the psychological processes underlying these behaviours looking at issues such as cognition distraction fatigue personality and social aspects often delivering practical applications and educational interventions Traffic psychology has been the focus of research for almost as long as the motor car has been in existence and was first recognised as a discipline in 1990 when the International Association of Applied Psychology formed Division 13 Traffic and Transportation Psychology The benefits of understanding traffic psychology are being increasingly recognised by a whole host of organisations keen to improve road safety or minimise health and safety risks when travelling in vehicles The objective of this volume is to describe and discuss recent advances in the study of traffic psychology with a major focus on how the field contributes to the understanding of at risk road user behaviour The intended readerships include road safety researchers from a variety of different academic backgrounds senior practitioners in the field including regulatory authorities the private and public sector personnel and vehicle manufacturers concerned with improving road safety

Human Performance in Automated and Autonomous Systems Mustapha Mouloua, Peter A. Hancock, 2019-09-19 This book examines recent advances in theories models and methods relevant to automated and autonomous systems The following chapters provide perspectives on modern autonomous systems such as self driving cars and unmanned aerial systems directly from the professionals working with and studying them Current theories surrounding topics such as vigilance trust and fatigue are examined throughout as predictors of human performance in the operation of automated systems The challenges related to attention and effort in autonomous vehicles described within give credence to still developing methods of training and selecting operators of such unmanned systems The book further recognizes the need for human centered approaches to design a carefully crafted automated technology that places the human user in the center of that design process Features Combines scientific theories with real world applications where automated technologies are implemented Disseminates new understanding as to how automation is now transitioning to autonomy Highlights the role of individual and team characteristics in the piloting of unmanned systems and how models of human performance are applied in system design Discusses methods for selecting and training individuals to succeed in an age of increasingly complex human machine systems Provides explicit benchmark comparisons of progress across the last few decades and identifies future prognostications and the constraints that impinge upon these lines of progress Human Performance in Automated and Autonomous Systems Current Theory and Methods illustrates the modern scientific theories and methods to be applied in real world automated technologies

New Paradigms in Ergonomics Neville

A. Stanton, Paul M. Salmon, Guy Walker, 2020-04-28 The systems in which we work continue to evolve creating emergent problems and often strengthening intractable issues In order to remain relevant and impactful the discipline of ergonomics needs its paradigms to evolve too The aim of this book is to provide researchers and practitioners with new paradigms in the form of ideas concepts theories methods practices and values The chapters take the reader on a journey through underlying theories new ways to apply those theories and emerging domains in which ergonomics is expected to play a greater role Readers of this book will be inspired by these new paradigms in ergonomics and seek to push the boundaries even further The lifeblood of the science depends on continual evolvement and developments to take on the challenges we face in complex sociotechnical systems design and evaluation Perhaps the most significant take home message from this book is the demonstration of how theory maps onto practice As such the only remaining paradigm shift is for these ideas concepts methods and practices to be taken up more widely and the discipline advanced until the next paradigm shift occurs The chapters were originally published as a special issue in the journal *Ergonomics* **Aviation Safety, Air Traffic Control (PATCO Walkout)** United States. Congress. House. Committee on Public Works and Transportation. Subcommittee on Investigations and Oversight, 1983 *Design for Health* Arathi Sethumadhavan, Farzan Sasangohar, 2020-01-29 Design for Health Applications of Human Factors delves into critical and emergent issues in healthcare and patient safety and how the field of human factors and ergonomics play a role in this domain The book uses the Design for X DfX methodology to discuss a wide range of contexts technologies and population dependent criteria X s that must be considered in the design of a safe and usable healthcare ecosystem Each chapter discusses a specific topic e g mHealth medical devices emergency response global health etc reviews the concept and presents a case study that demonstrates how human factors techniques and principles are utilized for the design evaluation or improvements to specific tools devices and technologies Section 1 healthcare systems and environments Section 2 and applications to special populations Section 3 The book represents an essential resource for researchers in academia as well as practitioners in medical device industries consumer IT and hospital settings It covers a range of topics from medication reconciliation to self care to the artificial heart Uses the Design for X DfX methodology A case study approach provides practical examples for operationalization of key human factors principles and guidelines Provides specific design guidelines for a wide range of topics including resilience stress and fatigue management and emerging technologies Examines special populations such as the elderly and the underserved Brings a multidisciplinary multi industry approach to a wide range of healthcare human factors issues *Proceedings of the 21st Congress of the International Ergonomics Association (IEA 2021)* Nancy L. Black, W. Patrick Neumann, Ian Noy, 2021-06-12 This book presents the proceedings of the 21st Congress of the International Ergonomics Association IEA 2021 held online on June 13 18 2021 By highlighting the latest theories and models as well as cutting edge technologies and applications and by combining findings from a range of disciplines including engineering design robotics healthcare management computer science human

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