



Personal Exposure Limit

Fatigue is a physiological state of reduced mental or physical performance capability, resulting from sleep loss or extended wakefulness, that can impair alertness and ability to safely operate or perform duties.

Being Fatigued seriously impairs our vigilance and judgement, especially in critical situations. The end result is a body that will not function unless revitalised by rest or nourishment

Fatigue

As a rule of thumb;

- 1 hour of good quality sleep for 2 hours of activity
- Fully restorative sleep will last between 7-9 hours on average.
- Caution is required in how fatigue is considered & managed. 'Sleepiness' is likely to be hugely underrated even from day one of sleep restriction and could result in harm.
- Ensure fatigue is considered at planning stage to identify risk points and raise awareness to allow recognition at all levels

Undesirable effects of shift work?

Be wary of nightshifts or early morning starts.

Shift work may result in:

- Disruption of the internal body clock
- Fatigue
- Sleeping difficulties
- Disturbed appetite and digestion
- Reliance on sedatives and/or stimulants
- Social and domestic problems

This can affect performance, increase the likelihood of errors and accidents at work and could have a negative effect on health.

OIM Guidance for offshore Rotas and Rest periods:

<https://www.stepchangeinsafety.net/resources/oim-guidance-for-offshore-rotas-and-rest-periods/>

How can we help prevent injury due to fatigue?

- Plan an appropriate workload according to the length and the timing of the shift
- If Practical, schedule demanding work for periods when workers are most alert and least likely to be fatigued.
- Where possible, demanding, dangerous and/or safety-critical work should be avoided during the night and early hours of the morning and towards the end of long shifts.
- When work is particularly demanding, consider shortening the length of the shift.

Health and safety guidance – Managing shift work:
<https://www.hse.gov.uk/pubns/priced/hsg256.pdf>

DISCUSS

How are workloads and schedules at your site risk assessed to take fatigue into account?

How are tasks at your site planned to take fatigue into account?

SAFETY MOMENT

Personal Exposure Limit

**STEP CHANGE
IN SAFETY**



Personal Exposure Limit

Do you know your limits?

DISCUSS



COSH H

- Using the hierarchy of control is the most effective mitigation measure.
- Workplace limits are in place to control exposure time to certain substances.
- Ensure COSHH assessments are fully complied with and questioned if better ways of working are identified.
- Focus on the task and how the substances are being used rather than the substance itself.

Fatigue

zZz

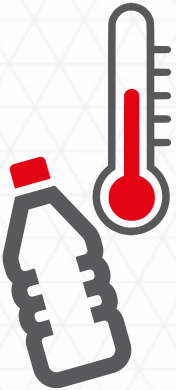


- Resourcing trades in some areas has been challenging. Assurance must be there that personnel 'rig hopping' have full entitlement of rest between trips. If there is ever a requirement to deviate from this, it MUST be fully Risk Assessed for fatigue factor.
- Ensure that if you are de-mobilising after night shifts that you do not make long car journeys straight away. Raise this issue with your employing company.

Temperature & Hydration

- Working in warm weather poses an increased risk to heat exhaustion and dehydration, ensure regular breaks and water intake is planned in.
- It is becoming more common for maintenance to be done on live 'hot' plant rather than shutting these down. This certainly needs to factor in climate conditions alongside the heat of the plant to mitigate injuries.

Heat Exhaustion Symptoms - Clammy skin, Dizziness, Headache, Muscle cramps, extreme thirst, excessive sweating, dehydration, fainting, nausea, vomiting, weakness, decreased urine output.



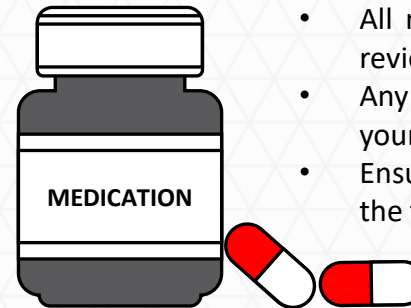
HAV's

- Anyone exposed to Hand Arm Vibrations should be under appropriate surveillance by their employing company.
- There are two limits to be aware of the Exposure Action Value (EAV) of 100 points and the Exposure Limit Value (ELV) of 400 points.
- Utilisation of the Hierarchy of Control should be in place.



Medication

- All medication needs to be declared for the Offshore medic to review.
- Any changes to medication or medical status must be reported to your employing company.
- Ensure medication brought out is enough to last the duration of the trip.



SAFETY MOMENT

Personal Exposure Limit