

## **FATIGUE IS CITED AS THE MOST FREQUENT HAZARD IN MARINE OPERATIONS**

The effects of fatigue are particularly dangerous in the shipping industry. Seafaring requires constant alertness and intense concentration. Fatigue affects everyone regardless of skill, knowledge and training.

Fatigue is generally described as a state of feeling tired, weary, or sleepy which is from prolonged mental or physical work, extended periods of anxiety, exposure to harsh environments, or loss of sleep. The result is impaired performance and diminished alertness.

The most common causes of fatigue are lack of sleep, poor quality rest, stress and excessive workload. Causes of fatigue can be categorised into four general factors:

Crew specific, Vessel specific, Environmental Factors, and Management Factors both aboard and ashore)

## **FATIGUE IS ALL THE MORE DANGEROUS BECAUSE PEOPLE ARE POOR JUDGES OF THEIR OWN LEVEL OF TIREDNESS.**

Sleep is an active process; when people sleep they are actually in an altered state of consciousness. All sleep does not have the same quality and does not provide the same recuperative benefits. In order to satisfy the needs of the human body, sleep must have three characteristics to be most effective:

### **Duration**

Everyone's sleep needs are unique; however, it is generally recommended a person obtains seven to eight hours sleep per 24 hour day. Alertness and performance are directly related to sleep. Insufficient sleep over several consecutive days will impair alertness and performance.

***Only sleep can maintain or restore performance levels.***

### **Continuity**

The sleep should be uninterrupted. Six one hour naps do not have the same benefit as one six hour period of sleep.

### **Quality**

People need deep sleep. Just being tired is not enough to ensure a good sleep. An individual must begin sleep in sync with their biological clock to ensure quality sleep.

If the time of sleep is out of sync with a person's biological clock, it is difficult to sleep properly.

Safety Hazard alert 3

**FATIGUE IS CITED AS THE MOST FREQUENT HAZARD IN MARINE OPERATIONS**

***Fatigue is all the more dangerous because people are poor judges of their own level of tiredness.***

***Fatigue can cause individuals to select strategies that have a high risk factor as they appear to require less effort.***

***Fatigue also affects problem solving and reaction time.***

***Fatigue can cause errors of attention and memory for example omitting steps in a sequence.***

***The most common cause of fatigue is; lack of sleep, poor quality of rest, stress and excessive workload.***

***Lifestyle choices such as drugs/alcohol affect the quality of sleep.***

***Sleep cannot be “Banked” it needs to be regular and sustained.***

***Only sleep can maintain or restore performance levels.***