



[Table Of Contents](#) > Fatigue: Signs and Countermeasures

Fatigue: Signs and Countermeasures

Fatigued workers perform poorly, behave carelessly, become inattentive, and make more errors. They display decreased motivation, increased irritability, and low morale. Crew leaders should watch for behavior changes and other signs that workers are fatigued.

Fatigue tends to be higher at the midpoint and toward the end of a work shift. Accidents peak during the last 2 hours of a 10-hour day. Alertness begins to decline from 1600 to 2300; after 2300, the likelihood of falling asleep increases dramatically. Sleep-deprived workers may suffer from short, intermittent episodes of fatigue. These episodes are characterized by very brief lapses in the performance of tasks, during which details are missed, accuracy is impaired, and performance is slowed.

[Back](#) --- [Signs of Fatigue](#)