Starting the fatigue conversation

Q1. How does constantly being on the go affect you?

Talking points
- What do you spend time on? Work / learning / family / friends?
- Is this always in balance?
- How would you bring balance back into your life?

Conclusions
- Life can feel like you’re on a hamster wheel – this is your wake-up call to take care
- Be aware that you need to have some balance to enjoy work and life and to get plenty of sleep
- Sleep helps you engage with people, innovate, cope with change and maintain perspective

Q2. When you drive tired, what have you noticed?

Talking points
- What did that feel like?
- Did you remember the whole journey?
- Did you notice the impact it had on your driving?
- Did you reach your destination without any problem?

Conclusions
- Don’t drive tired – 20% of road fatalities are fatigue-related
- If you get tired on the road, pull over in a safe place and stop driving
- Tip – to convince a driver to stop, ask him / she why he / she wants to stay safe?
- Be aware that driving following night work can increase the risk of fatigue and the likelihood of driver error and accidents

Q3. How do you recognise fatigue?

Talking points
- What happens to you when you are tired?
- Do you notice any symptoms? What are they?
- What do you do about it? Does it help?

Conclusions
- Look out for the signs of fatigue and never ignore them – you may need to stop what you’re doing and have a break or switch to something else, for example, your memory, focus, hand-eye coordination, driving, making decisions and taking your time
- Let your colleagues and / or manager know when you feel fatigued – discuss with them the risks and what you should do

Q4. How much sleep do you need?

Talking points
- Do you feel rested when you get out of bed after a sleep?
- Have you been diagnosed with a sleep disorder? Is anyone willing to share their experience?
- Are you an insomniac person (lark) or a night owl (owl)?

Conclusions
- Know how much sleep you need to feel rested and able to function well – this tends to be around seven to eight hours in every 24 hours
- Make sure you are getting enough sleep – protect your sleep and it will protect you

Q5. What’s your bedtime routine?

Talking points
- What is your routine before you go to sleep?
- Do you use the same routine when you travel and sleep away from home?
- Does it help you? How?

Conclusions
- Develop a bedtime routine that will help you get off to sleep more easily and get a better night’s sleep – it can be as simple as taking a shower, brushing your teeth and doing something relaxing
- If you don’t have one, and you find getting off to sleep slow or difficult, develop a routine and see what happens – it’s never too late to start good sleeping habits

Stay alert and stay safe

Let’s talk fatigue

To find out more about Fatigue and how to actively manage the risk, reach out to Shell Health or Road Safety.
Fatigue stops all of us from performing at our best – it affects everything from our reactions and our mood to our general health and wellbeing.

Watch our video on fatigue: youtu.be/TH2fFeGe8Os