



Fatigue isn't the same as being tired. When you're fatigued, your brain and body don't work at full capacity — you might miss hazards, make poor decisions, or have slower reactions.

To control these risks, you're required to:

 Keep your working hours to within the allowed limits	Monitor the actual hours you work on a daily and weekly basis: ▪ Limit work to a maximum of 14 hours in any 24-hour period. ▪ If work is expected to exceed this limit, complete a risk assessment to determine if work can continue. Work must not exceed 17 hours in a 24-hour period, even if a risk assessment is completed. ▪ Do not work more than 72 hours in any 7-day period or more than 4 consecutive night shifts.
 Allow sufficient time for rest	▪ Take a minimum break of 8 hours between shifts, unless your applicable EBA specifies otherwise. ▪ Allow time to travel within your workday, reaching a location to rest before you exceed limits on working hours. ▪ Allow your body and mind to fully wake up and transition to work mode before starting any tasks.
 Manage driving fatigue	▪ Limit driving to 8 hours a day where possible and plan your trip to allow time to return safely. ▪ Do not drive for more than 12 hours in a day, even with periodic breaks. ▪ Stop at least every 2 hours to take a break. ▪ Share driving duties where possible to reduce fatigue. ▪ If you experience any signs of fatigue, you must stop immediately and take a break.
 Minimise night work	▪ Avoid scheduling work between 22:00 and 06:00, where possible. ▪ If you work additional hours and accrue time off, arrange to take this time off as soon as practicable to support rest and recovery.
 Control fatigue factors	▪ Drink water and eat regularly to maintain hydration and energy levels. ▪ Limit exposure to tasks and conditions that accelerate fatigue [for example, physically demanding tasks or extreme temperatures]. ▪ Take regular breaks to rest and reset, especially during repetitive or mentally demanding tasks.
 Report signs of fatigue	▪ Complete a Fatigue Self-Assessment to help determine whether work can safely continue. ▪ Report concerns about hours worked or signs of fatigue to your Leader and work with them to determine the next steps. ▪ If you notice a workmate showing signs of fatigue, let them know you are concerned about their wellbeing and take responsible steps to help keep them safe.
 Use contingency plans	▪ Stop high risk work activities [for example operating heavy machinery or plant] until fully rested and not feeling the effects of fatigue. ▪ If work cannot be completed within the scheduled workday, request additional resources to complete the work or plan to complete work the next day.

Be someone you can rely on.



Check for risks before starting each task.

Connect the right controls to stay safe.

Complete the work once controls are in place.