

NZ Safety Alert

17 December 2021

Let's work together to keep ourselves and our workers safe.

Fatigue is a real factor in accidents

As we head towards Christmas, it's important to remember how tired we may all be feeling.

End of year fatigue is a real factor in accidents. Unlike many countries, we tend to only have one real break a year – meaning many of us go 11 months without a major break.

We work long hours and most of us work outside the usual boundaries. Stats NZ found in 2019 that only one third of New Zealand workers worked traditional hours (9-5 Monday to Friday).

WorkSafe has recently released a [study on fatigue](#) in the workplace and how to best avoid it.



[MinEx data](#) on incidents with the potential to cause harm over the 12 months to Sept 2021 show a 27% reduction on the previous year to 1735 incidents (2358 incidents in the 2020 year)

You need to ensure that:

1. Adequate time and resources are available to ensure workers can perform their work safely within reasonable shift hours.
2. Workers are encouraged to report fatigue related symptoms so that appropriate rest periods can be allowed.
3. Shift rosters provide for adequate sleep time between shifts.
4. Workers are encouraged to take breaks, and annual leave regularly.

Know of an incident or near miss? Please share the learnings with us.