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How to Eliminate the Year-end-fatigue

Fatigue is a lack of energy and motivational ability in the physical and emotional way. Notably, it is a symptom and not a disease or health condition. It can be treated as a safety concern as we approach the end of the year.

A fatigue can affect individuals in various ways, both at work and in their personal lives. In South Africa and in companies it's important to be aware of the risks associated with end of year function. These risks include workplace accident impaired concentration, reduced productivity, increased absenteeism and mental health issues like stress and burnout.

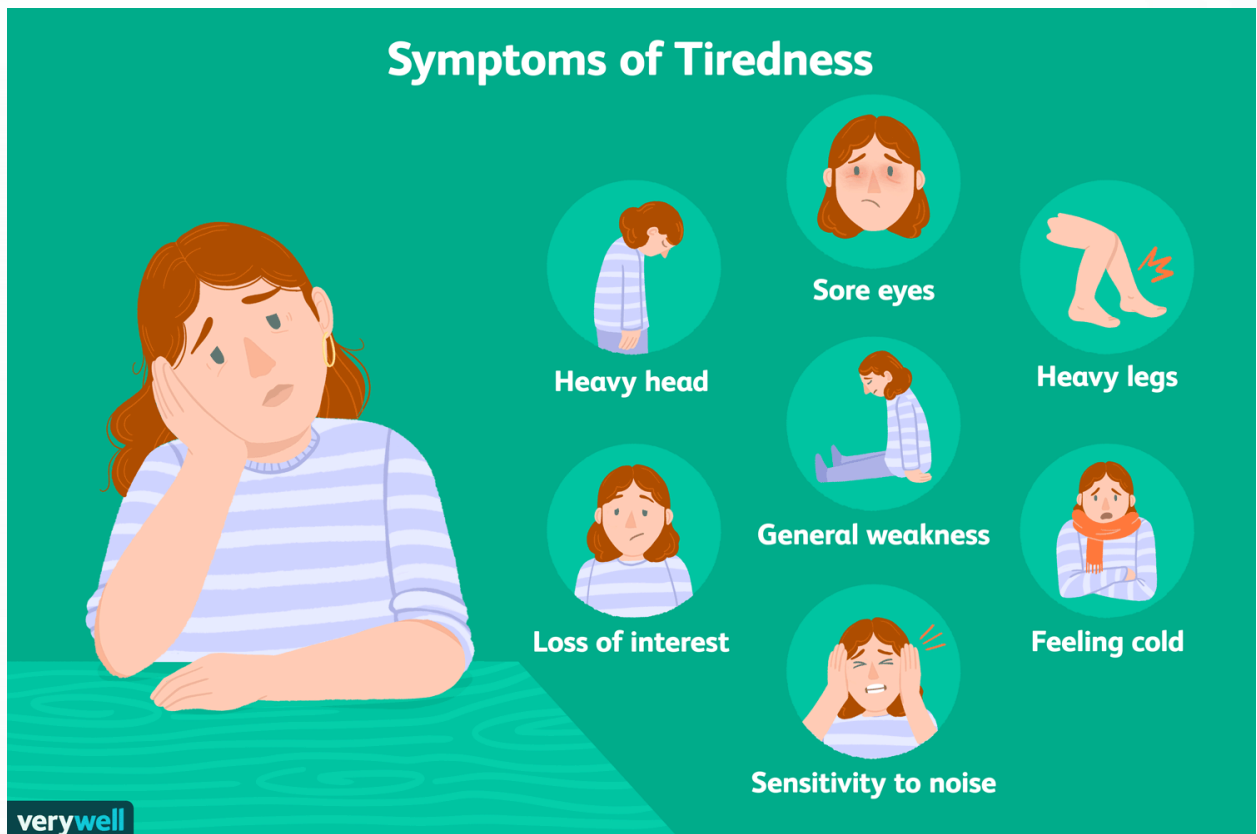
According to Harvey Mackay “Fatigue makes fool of us all. It robs you your skills and your judgement, and it blinds you to creative solution. It’s the best – conditioned athlete, not the most talented, who generally wins when the going gets tough Fatigue is a lack of energy and motivational ability in the physical and emotional way. Notably, it is a symptom and not a disease or health condition. It can be treated as a safety concern as we approach the end of the year.

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Symptoms

- Tired eyes
- Tired legs
- Whole body tiredness
- Discomfort
- Very low energy and motivation
- Muscle pain and weakness
- Mental fatigue or problems with concentration
- Lack of ability to start and finish activities



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The employers should reinforce safety measures and raise awareness among employees. Here are the actionable steps to prevent year end workplace accidents cause by fatigue.

- **Fatigue Management:** Encourage employees to get an adequate rest, take regular breaks and manage their workload effectively
- **Safety Training:** Provide refresher safety training to remind employees of proper safety protocols and hazard awareness
- **Regular safety meetings:** Conduct safety meetings to discuss year-end –safety challenges and reiterate the importance of safety
- **Reporting Mechanisms:** Promoting a culture of reporting near misses and safety concerns, ensuring that issues are addressed promptly
- **Enhanced Reputation:** A commitment safety not only protects your employees but also enhance your organisations reputation. customers, investors and stakeholders trust business that prioritise safety.
- **Long – term success:** Effective managing risks and prioritising safety, companies are positioned for long –term success. A safer workplace leads to fewer disruptions, lower costs, and more productive workforce.



“ WE CAN BEAT FATIGUE ”