

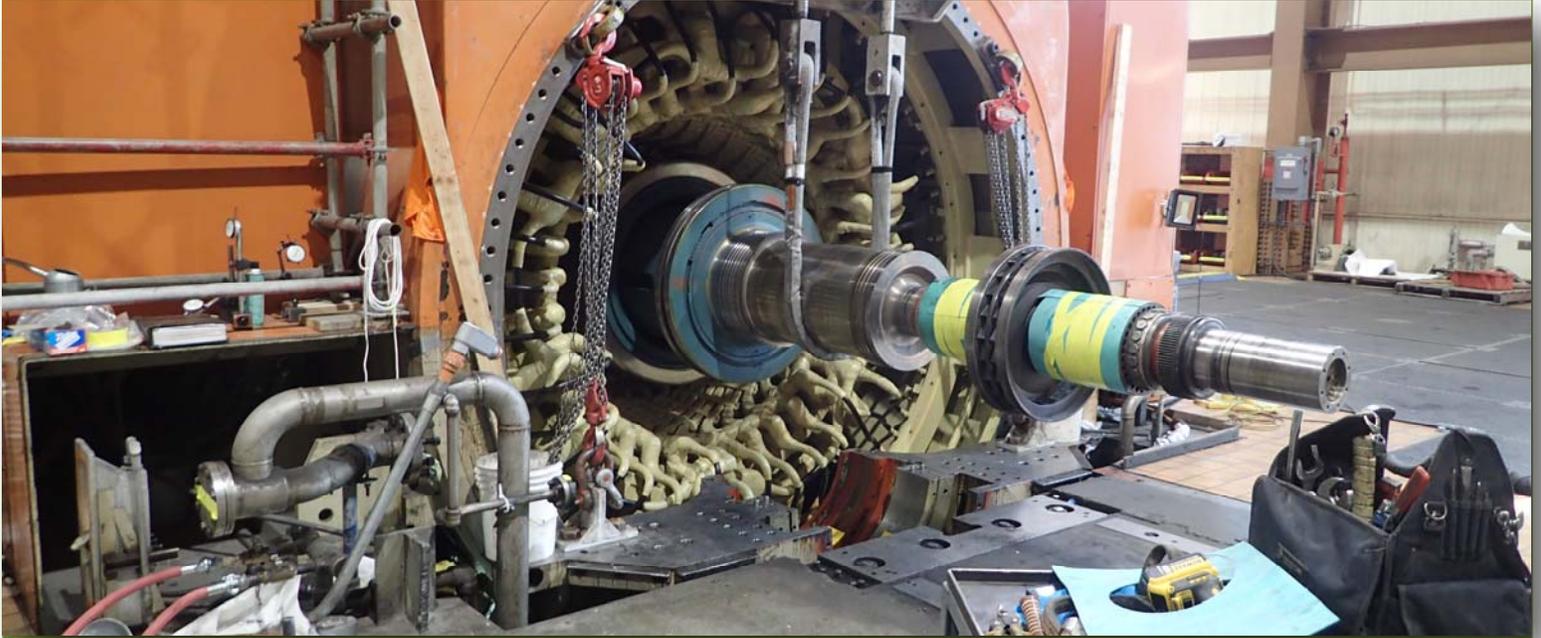
VOLTS Newsletter

VALUING OUR LIVES THROUGH SAFETY

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Almost There!

Outage 2017 is drawing near its conclusion. The dedication, determination, and resolve of IPSC employees is once again evidenced through the amount and quality of work accomplished. Each outage presents its own unique challenges. As a result of careful planning, sharing of ideas, and cooperation among employees, it seems that we, as a company, are always able to rise to the occasion and overcome those challenges.

One concern that always presents itself near the end of an outage is worker fatigue. Many employees work extra shifts and extra hours each shift to accomplish everything that needs to be completed by the end of the outage. Couple this with trying to catch up on farm work, yard work, or honey do's at home and fatigue is a very likely result. Sometimes being tired is simply a fact of life. We need to be aware of the risks involved with fatigue and take the appropriate steps to ensure our safety and the safety of those around us.

What is Fatigue?

The Canadian Center for Occupational Health and Safety describes fatigue as follows:

“Fatigue is the state of feeling very tired, weary or sleepy resulting from insufficient sleep, prolonged mental or physical work, or extended periods of stress or anxiety.

Boring or repetitive tasks can intensify feelings of fatigue. Fatigue can be described as either acute or chronic.



“Acute fatigue results from short-term sleep loss or from short periods of heavy physical or mental work. The effects of acute fatigue are of short duration and usually can be reversed by sleep and relaxation.

“Chronic fatigue syndrome is the constant, severe state of tiredness that is not relieved by rest. The symptoms of chronic fatigue syndrome are similar

to the flu, last longer than six months and interfere with certain activities. The exact cause of this syndrome is still unknown.”

Is Fatigue a Workplace Issue?

“Fatigue levels are not easily measured or quantified; therefore, it is difficult to isolate the effect of fatigue on accident and injury rates. Some research studies have shown that when workers have slept for less than 5 hours before work or when workers have been awake for more than 16 hours, their chance of making mistakes at work due to fatigue are significantly increased.”

It has been estimated that employees suffering from fatigue are 2.9 times more likely to be involved in a job-related accident.

Research has shown that the number of hours awake can be similar to blood alcohol levels. WorkSafeBC, a Canadian safety organization reports the following:

- 17 hours awake is equivalent to blood alcohol content of 0.05
- 21 hours awake is equivalent to blood alcohol content of 0.08 (legal limit for driving)
- 24-25 hours awake is equivalent to blood alcohol content of .10

“Fatigue is regarded as having an impact on work performance. Alberta Human Resources and Employment reports that most accidents occur when people are more likely to want sleep—between midnight and 6 a.m., and between 1-3 p.m. And, indeed, sleep deficit has been linked to large scale events such as the Exxon Valdez oil spill and the nuclear accidents at Three Mile Island and Chernobyl.”

Various studies report the effects of fatigue as:

- ✓ reduced decision making ability
- ✓ reduced ability to do complex planning
- ✓ reduced communication skills

- ✓ reduced productivity/performance
- ✓ reduced attention and vigilance
- ✓ reduced ability to handle stress on the job
- ✓ reduced reaction time
- ✓ loss of memory or the ability to recall details
- ✓ failure to respond to changes
- ✓ unable to stay awake
- ✓ increased forgetfulness
- ✓ increased tendency for risk-taking
- ✓ increased errors in judgement
- ✓ increased sick time and absenteeism
- ✓ increased medical costs
- ✓ increased accident rates

The efforts and willingness of IPSC employees to go the extra mile to finish all the work required during the outage is admirable and appreciated. Please be aware of the effects and increased vulnerability to accidents and injuries that come with working extra hours and contributing extra effort. Let’s finish the outage with everyone as safe and healthy as possible.



Work Smart, Work Safe!
Thanks for all you do!