Who's responsible for managing fatigue?

We ALL are. Both the company and the employee share the responsibility for reducing fatigue in the workplace.

As your employer, we strive to:

- Create schedules and practices that provide employees with time to get proper rest
- Work to find a solution if you report that you are too fatigued to do your job safely

As an employee, you should:

- Plan personal time wisely so you get 7 – 9 hours of sleep every day and report to work fit for duty
- Watch out for co-workers who seem too tired to work
- Tell your supervisor if you are too tired to perform your job safely