

**BLACK & WHITE CABS**



**FATIGUE MANAGEMENT**

**SESSION 1: IDENTIFY FATIGUE**

# INTRODUCTION

Fatigue is a potential major safety hazard for everyone in the taxi industry. Given the hours you work, the risk of death or serious injury due to a fatigue related incident is very high.

To understand how to recognise and prevent fatigue becoming a reality for you, it is important to look at the following questions:

- What is fatigue?
- What are the signs of fatigue?
- How is fatigue caused?
- How do I manage fatigue?



# INTRODUCTION

- Fatigue and tiredness are signals from your body meaning you need sleep.
- Willpower, no matter how strong, cannot overcome these signals.
- By understanding the processes that make you tired, you should be better able to plan and manage your daily routines to minimise the risk of fatigue.



## INTRODUCTION

- Taxi drivers live busy lives.
- Balancing the demands of family and work whilst still finding time to enjoy leisure and to sleep is a constant challenge.
- The pressure to make enough money to live and pay your bills means you are likely to be working longer hours than people in other professions.
- You are likely to be getting less sleep.
- Consider this, is 8 hours sleep a luxury?
- The combination of working long hours and not getting enough sleep can do a lot more than just make us irritable.

# WHAT IS FATIGUE?

- A feeling of constant tiredness or weakness
- can be physical, mental or a combination of both.
- Fatigue can affect anyone
- Most adults will experience fatigue at some point in their life.
- Can be caused by a combination of lifestyle, social, psychological and general wellbeing
- Fatigue is different to just feeling tired or sleepy



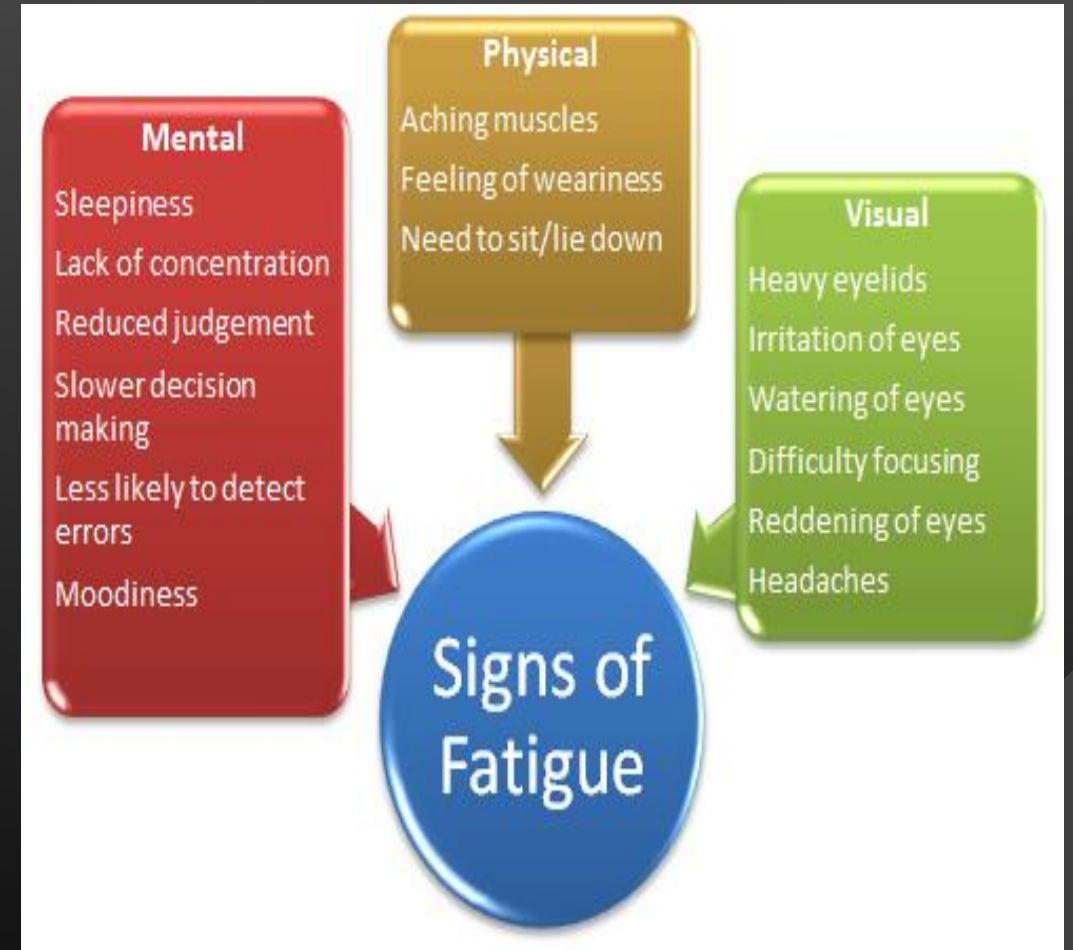
## What is fatigue?



# WHAT ARE THE COMMON SIGNS OF FATIGUE

Common signs of fatigue are:

- slower than normal reactions
- reduced ability to process information
- memory loss
- Reduced ability to concentrate
- decreased awareness
- Inability to recognise or underestimating risk
- reduced coordination





## WHAT ARE THE SIGNS OF FATIGUE

Common signs of fatigue while driving your taxi are:

- Yawning (Sleepiness)
- Blurred vision
- Can't keep your eyes on the road
- Nodding your head
- Can't drive at a constant speed
- Drifting in and out of your lane
- Poor turning
- Daydreaming
- Imagining objects that are not there
- Slow Reaction times



## WHAT CAUSES FATIGUE?

There are a wide range of causes that can trigger fatigue including:

- **Body clock problems**
- **Medical**
- **Lifestyle-related causes**
- **Workplace-related causes**
- **Emotional concerns and stress**

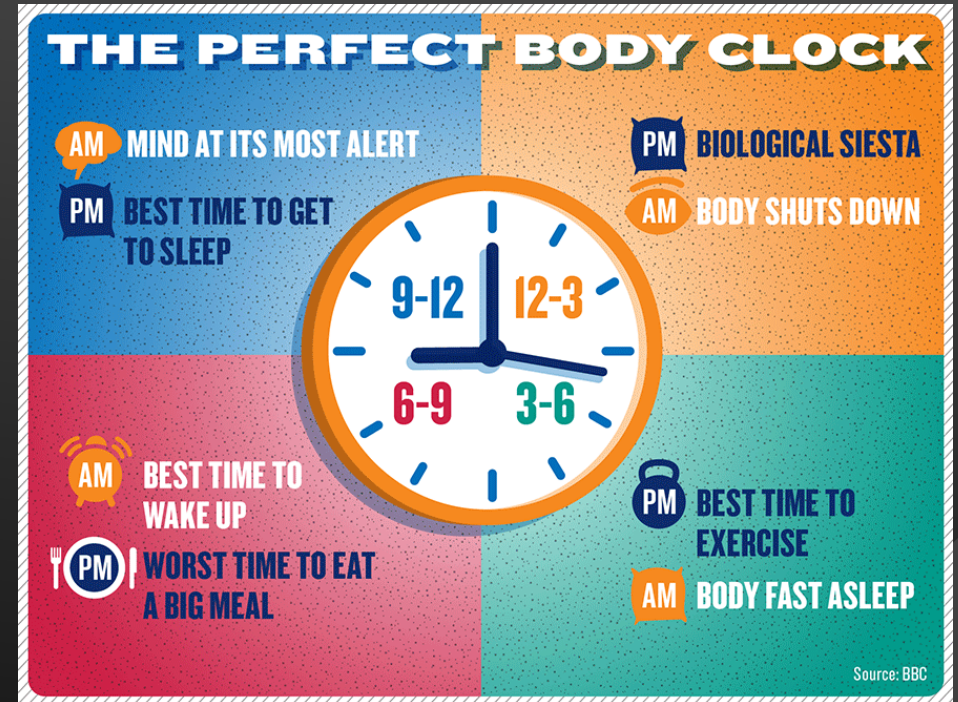
Fatigue can also be caused by a number of these factors including working in combination with each other.





# BODY CLOCK PROBLEMS?

- Natural cycle of consciousness and sleep called your 'body clock'.
- Body clock keeps your body rhythms stable
- Shift work is an example of how taxi drivers can get
- genetics and body chemistry.
- Strong link between the body clock and diabetes
- Increased risk of developing diabetes.
- Human beings are designed to be awake during the day and asleep at night.



## MEDICAL RELATED CAUSES OF FATIGUE

Below are a number of diseases and disorders which may contribute to fatigue.

- Anaemia
- Anxiety disorders
- Cancer
- Chronic fatigue syndrome
- Chronic infection or inflammation
- Kidney disease
- Depression
- Diabetes
- Heart disease
- Inflammatory bowel disease (IBD)
- Prescription and recreational drugs
- Obesity
- Sleep apnea
- Stress

If you experience prolonged bouts of fatigue, please consult your doctor.



# LIFESTYLE RELATED CAUSES OF FATIGUE

The following are common lifestyle issues that may cause fatigue:

- Lack of sleep
- Sleep disturbances
- Lack of regular exercise
- Poor diet
- Alcohol & Drugs
- Individual factors





# WORKPLACE RELATED CAUSES OF FATIGUE

The following are common workplace issues that may cause fatigue:

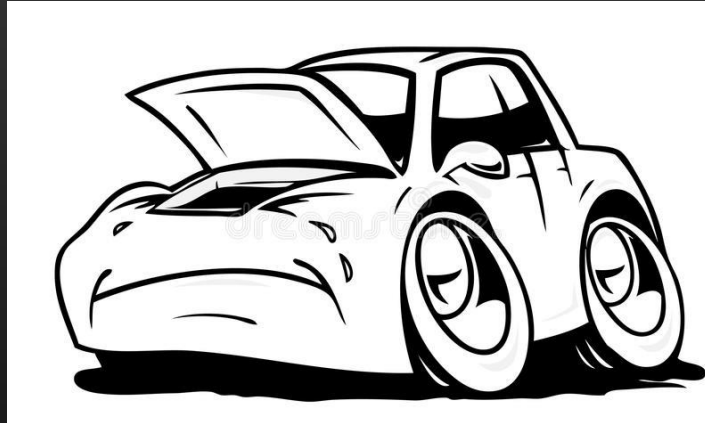
- Shift work
- Poor workplace practices
- Workplace Stress
- Burnout
- Poor diet
- Individual factors



# EMOTIONAL CONCERNS AND STRESS

## Depression

- not going out anymore
- not getting things done at work/school
- withdrawing from close family and friends
- relying on alcohol and sedatives
- not doing usual enjoyable activities
- unable to concentrate
- Feeling overwhelmed
- Feeling irritable
- Feeling frustrated



- lacking in confidence
- Feeling unhappy
- Feeling indecisive
- Feeling disappointed
- Feeling miserable
- Thinking, 'I'm a failure.'
- Thinking, 'I'm worthless'
- Tired all the time
- Loss or change of appetite

# EMOTIONAL CONCERNS AND STRESS

## Stress and Anxiety

- Panic attacks
- Hot and cold flushes
- Fast heartbeat
- Tight chest
- Fast or irregular breathing
- Restlessness
- Feeling of tension
- Feeling wound up or edgy
- Excessive fear
- Worry
- Obsessive thinking
- Avoidance of certain situations such as social events, workplaces or even locations



# EMOTIONAL CONCERNS AND STRESS

## Grief

The following can be very helpful when dealing with grief:

- Ask for help when you need to
- Speak with friends and family about what you are experiencing
- Join a support group
- Look after your physical health. Remember to exercise regularly, eat healthily and get sufficient sleep.
- Do what you can to reduce your stress levels by involving yourself in activities with your family and friends
- Don't stop doing the things you enjoy, even if you don't feel like doing them.

**BLACK & WHITE CABS**



**FATIGUE MANAGEMENT**

**© 2020**