



# SAFETY TAILGATE MEETING

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Company	Positive Electric Co.	Project	Mondelez Electric Oven - 24440		
Date	February 03, 2025	Time	7:00 AM	Conductor	Dominick Santini

## FATIGUE ON THE JOB

### INTRODUCTION

You are the most important safeguard in protecting yourself and others while at work. When you are not able to fully focus and perform your duties correctly, you could be leaving yourself at risk for injury. Being tired on the job is a major problem in the United States for workers. Fatigue leaves workers performing at lower levels and this exposes them to higher chances of an injury or an incident occurring. It is important to prevent fatigue while on the job to keep yourself and those around you safe.

In this meeting, we will discuss

- (1) Fatigue in the Workplace Statistics**
- (2) Fatigue Causes**
- (3) Safe Work Practices to Prevent or Improve Fatigue Issues**

### FATIGUE IN THE WORKPLACE STATISTICS

- Fatigue carries an overall estimated cost of more than \$136 billion per year to employers in health-related lost productivity.
- 1 in every 5 workers is sleep deprived.
- Poor sleeping habits lead to stress on the job.
- In a survey by Caremark Rx Inc. of 29,000 adults, 38% reported feeling tired at work in the last two weeks.

## FATIGUE CAUSES

- Lack of sleep
- Too many demands at work or home
- Medication
- Other health problems such as depression or anxiety

## SAFE WORK PRACTICES TO PREVENT OR IMPROVE FATIGUE ISSUES

- Get plenty of rest. It is recommended to get a minimum of seven hours of sleep a night. If your work schedule is too demanding or the hours you are working are making you feel fatigued every single day, talk with a supervisor. Sometimes responsibilities or schedules can be altered to improve productivity and safety in the workplace.
- It is important to understand the side effects of medication before using it at work. Talk with your doctor to make sure he/she understands your work responsibilities to ensure the medication will not interfere with your performance.
- Take care of your health. Addressing other health issues can greatly improve how you feel both at home and at work.
- Eat a better diet. Food to humans is as gasoline is to a car– if you put dirty gas in your car it will not run well. The same goes for your body!
- For short periods of less intense fatigue, use caffeinated beverages to help you wake up. Another option is to get up from where you are working to stretch or take a walk.

### Group Discussion:

-What can we do to combat fatigue onsite?

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**Attendees Names**

Tyler Schoonmaker

Sal Mancini

Ross Casey

Michael Lendl

Ken Christensen

John Tordik

Jeffrey Castiglia

Jacob Lepinski

Gaetano Russo

Dean Ezzo

David Pedraza

David Christensen

Danielle Hunt

Canaan Schultheis

Barry Von Borstel

Kristian Cortez

Domenick Santini

**Attendees Signatures**

N/A

N/A

N/A

N/A

N/A

N/A



N/A

N/A

N/A

N/A



N/A

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**CONDUCTOR SIGNATURE**

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