

Set down the coffee and check in on fatigue before spring activities take over. Fatigue has serious negative impacts on physical and mental health. Operating machinery when you're sleep deprived can be as dangerous as operating machinery under the influence. While seasonality is a part of farming, it is important to be aware of the consequences fatigue can have, and what you can do to promote safety and health on your farm.

Potential Hazard	Yes	No	Corrected/Notes
Do you know the signs and symptoms of stress?			
Are you taking breaks to rest and recuperate?			
Are you aware of how much you're sleeping and how much you need to sleep for safe work performance?			
Are you aware of the symptoms of fatigue, like dizziness, headaches, vision impairments, poor concentration, slow reflexes, changes in mood?			
How are you managing stress? High stress levels can lead to fatigue.			
Have you maintained a balanced diet with adequate hydration? These factor highly into fatigue.			
Are you heavily reliant on caffeine? This could indicate unhealthy levels of fatigue.			
Have you had a recent physical? Fatigue can be caused by multiple medical conditions.			
Does your safety plan for employees address fatigue management? This could include work maximums, rest minimums, working in pairs, and communication.			

Name of person completing safety check: _____ Date completed: _____