



'Spotlight on...' learning toolkits aim to raise awareness and drive change. The toolkits provide resources including guidance, case studies and best practice examples from across the industry and beyond to help the construction industry to address these issues and raise their standards in these important areas of concern.

**CONSIDERATE
CONSTRUCTORS
SCHEME**

80%
of UK construction
workers are not getting
sufficient, good
quality sleep

SAFETY & HEALTH
PRACTITIONER
(2018)

Spotlight on... worker fatigue

Fatigue can significantly affect your judgement, slow your reaction times, and reduce your concentration. This toolkit offers resources to help address this issue.

Scan this QR code to find useful resources to support you.

