



## Spotlight on... worker fatigue

The Considerate Constructors Scheme aims to raise awareness of important industry issues through our '**Spotlight on...**' campaigns.

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

Safety & Health Practitioner  
(2018)

Improving the image of construction

# Spotlight on... worker fatigue

'Spotlight on... worker fatigue' aims to raise awareness of the health and safety risks associated with fatigue and provides the industry with guidance for addressing this issue.

Fatigue is more than simply feeling tired, it is an overwhelming and ongoing state of mental and/or physical exhaustion that can significantly hinder an individual's ability to work both safely and efficiently.

Construction workers are at a much greater risk of fatigue due to the nature of the working conditions, shift patterns and types of labour involved within the industry. Therefore, it is imperative that fatigue is addressed like any other workplace hazard through risk assessment and management.

An industry-wide survey conducted by the Scheme found that:

- **75%** think that worker fatigue is a problem within the construction industry.
- **73%** think that worker fatigue is an overlooked hazard.
- **65%** do not think the industry is doing enough to prevent worker fatigue.

## How the issue is being tackled

The issue of worker fatigue is normally addressed as part of the wider topic of workplace health and safety. Some construction sites will have policies and procedures in place to appropriately manage and mitigate the risk of fatigue within their workforce.

Fatigue risk management systems (FRMS) are used to draw together protective and preventative measures to manage the risks posed by fatigue and to prevent fatigue-related errors from developing into more serious accidents and injuries.

Awareness of the issue can also be raised through toolbox talks and by displaying literature such as posters and flyers. These are used to educate operatives about the signs and symptoms associated with exhaustion to help them identify when they might be too fatigued to work safely.

## What to do now

The Scheme always wants to hear from registered sites, companies and suppliers on how they are addressing the issues covered in our 'Spotlight on...' campaigns.

The campaign will be updated as new information and case studies are identified, so get in touch and share your best practice initiatives.

Contact the Best Practice Hub team at [enquiries@ccsbestpractice.org.uk](mailto:enquiries@ccsbestpractice.org.uk)