

Thank you for your participation!

- What information in this programme did you find useful? Did anything surprise you?
- What would you like to learn more about?
- What things will make the biggest difference to you and your colleagues to help manage the risk of fatigue?



You could use a table like the one below to start looking at things in your life which you could change. Identify what the issue is. Think about whether you can control it, influence it, or whether it is out of your control. If you can control or influence it, start thinking what steps you can take.

What is the issue?	Can I control it, influence it, or is it out of	Action Plan
e.g. drink a lot of caffeinated drinks	can control	only consume 2 caffeinated drinks per day and not before rest

Fatigue risk management

Participant exercises



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Scenario 1: a long watch...


After a long day and several cups of coffee, Ernesto has almost finished a week of six on six off. He can't wait to get some longer rest. When he gets to his cabin, he quickly changes his clothes and goes to bed.



Even though he is very tired, he's finding it surprisingly difficult to go to sleep. There is light coming through the window and he can hear laughter and noise from his shipmates playing cards in the next cabin. He tries to put his pillow over his face to get rid of the noise and light, but it doesn't seem to work.

He then gives up and reaches for his phone and starts looking at pictures of his family...

 Why is Ernesto finding it difficult to sleep even if he is tired?

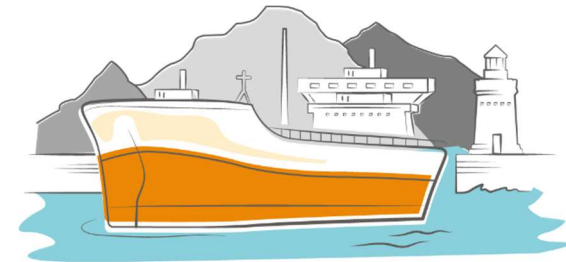
 What are some of the things Ernesto could have done to help him fall asleep?



What are some of the common symptoms of jet lag?



What can you do to handle jet lag?



[Optional] Scenario 4: jet lag

George flew from Greece to Australia. He arrived yesterday and joined his new ship directly. It's now George's second day onboard, but he is not feeling great.

He didn't get a lot of sleep last night because of the time difference from home. His local time is 9:30am but he's finding it hard to keep his eyes open.

He's disappointed that he already feels so tired on his second day onboard, but he's embarrassed to tell anyone. He tells himself that it's nothing and that he can carry on working.



His next task is to sail the vessel from port under pilotage. He knows this is a difficult task that needs his full attention, so he's a bit worried that he feels so tired.

When the Captain asks him if he needs extra help because he seems sleepy, he laughs it off and says that he's fine.

 Why is George feeling so tired?

What is jet lag?

Scenario 2: an incident at home

Mark just finished exercising and started preparing to sleep because he must get up early tomorrow.

He is lying on his bed, scrolling through Facebook on his phone. A few minutes later his phone begins to ring. His wife, Grace, is very upset with one of their kid's behaviour at school – their youngest got into a fight with a schoolmate.

After they discuss this issue, Grace goes on to talk about her plans for renovating their house, an annoying conversation she had with her mother and the movie she just finished watching.

Mark ends up staying awake until 01:00 talking to Grace. Whilst he is then trying to sleep again, his phone continues to sound alerts which disturbs him each time.

The next morning, he gets up at 05:00 to start his duty but he can barely keep his eyes open.

 Why can Mark barely keep his eyes open?

What signs of fatigue is he showing?

What are some of the symptoms he may show later in the day?

Scenario 3: a complex situation

Maria is a Second Engineer and is having a difficult time. She is not getting much sleep lately – she is thinking a lot about her sick mother and money problems.

These problems are the main topics of her arguments with her husband. She makes enough money to support her family but now she also has to cover her mother's hospital bills.

She woke up this morning feeling exhausted and is lacking motivation, but a ship doesn't stop and so work has to carry on. It is a particularly hard day because the weather is very bad and the ship is rolling heavily.

The Chief Engineer tells Maria to complete her month end reports but then a problem is reported with the main engine. When the Chief asks her to look into the problem, Maria seems to have a hard time concentrating and making decisions.



What are some of the things Maria could have done to help her sleep?

Is Maria experiencing any symptoms of fatigue? If yes, what are the symptoms?

What can Maria do now to put safety first?

What are some of the things Mark could have done to prevent feeling so tired?

What can Mark do now to put safety first?

