

List of Fatigue Countermeasures for Supervisors and Dispatchers

Fatigue Countermeasure	Appropriate Situation
Send the Worker Home	When fatigue is severe, the worker's tasks are safety sensitive or high hazard, and the situation poses an immediate safety risk.
Task Rotation	To prevent monotony and mental fatigue from repetitive tasks during heightened moments of fatigue risk during a shift.
Task Reassignment to Low-Risk Activities	When a worker exhibits signs of moderate fatigue but can still perform low-risk tasks. Typically late into a night shift or during extended hours.
Scheduled Breaks	Proactive breaks to prevent fatigue from escalating or becoming a risk. Note: High-risk tasks require regular breaks every 1-2 hours.
Taking a Short Walk (500-1000 Meters)	To refresh the worker, focus and improve blood circulation. Mid-shift for workers engaged in sedentary tasks like haul-truck driving.
Consuming Caffeine	To provide a short-term boost in alertness for moderate fatigue.
Mid-Shift Nap (20-30 minutes)	To restore alertness and combat the onset of fatigue. Ideal for long shifts or overnight shifts, especially when driving.
Environmental Adjustments (Lighting, Temperature)	To create an alertness-promoting environment. Temporarily remove the worker from the fatigue-inducing environment (extreme temperatures, dim lighting, high vibrations)
Hydration and Healthy Snacks	To improve energy levels and focus when fatigue is mild throughout the shift, especially during assigned breaks.
Workload Adjustments	Reducing cognitive or physical load to reduce fatigue risk. Appropriate during intense work periods.

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Early Break for Short Recovery	Preventative fatigue management during tasks that require sustained attention.
Temporary Task Pause	To reduce immediate fatigue during critical tasks when a worker is experiencing a high mental load for extended periods.
Strategic Napping Before Shifts	Pre-emptive rest to improve alertness during long or night shifts.
Physical Exercise Break (Stretching or Bodyweight Exercises)	To re-energize and improve circulation mid-shift, for workers in low-movement and sedentary tasks like driving.
Bright Light Therapy	To help workers adapt to night shifts or reduce the effects of circadian misalignment.
Short Mental Focus Drills (Puzzles or Challenges)	To reset mental fatigue through cognitive stimulation. During breaks, when workers are unable to move physically.
Planned Shift Overlap for Handover	Ensuring smooth transitions between shifts to avoid errors caused by fatigue. Ideal for high-risk industries with long shifts.
Cold Water or Face Splashing	Quick alertness boost for temporary focus. Ideal late into a long shift when workers perform monotonous tasks.