

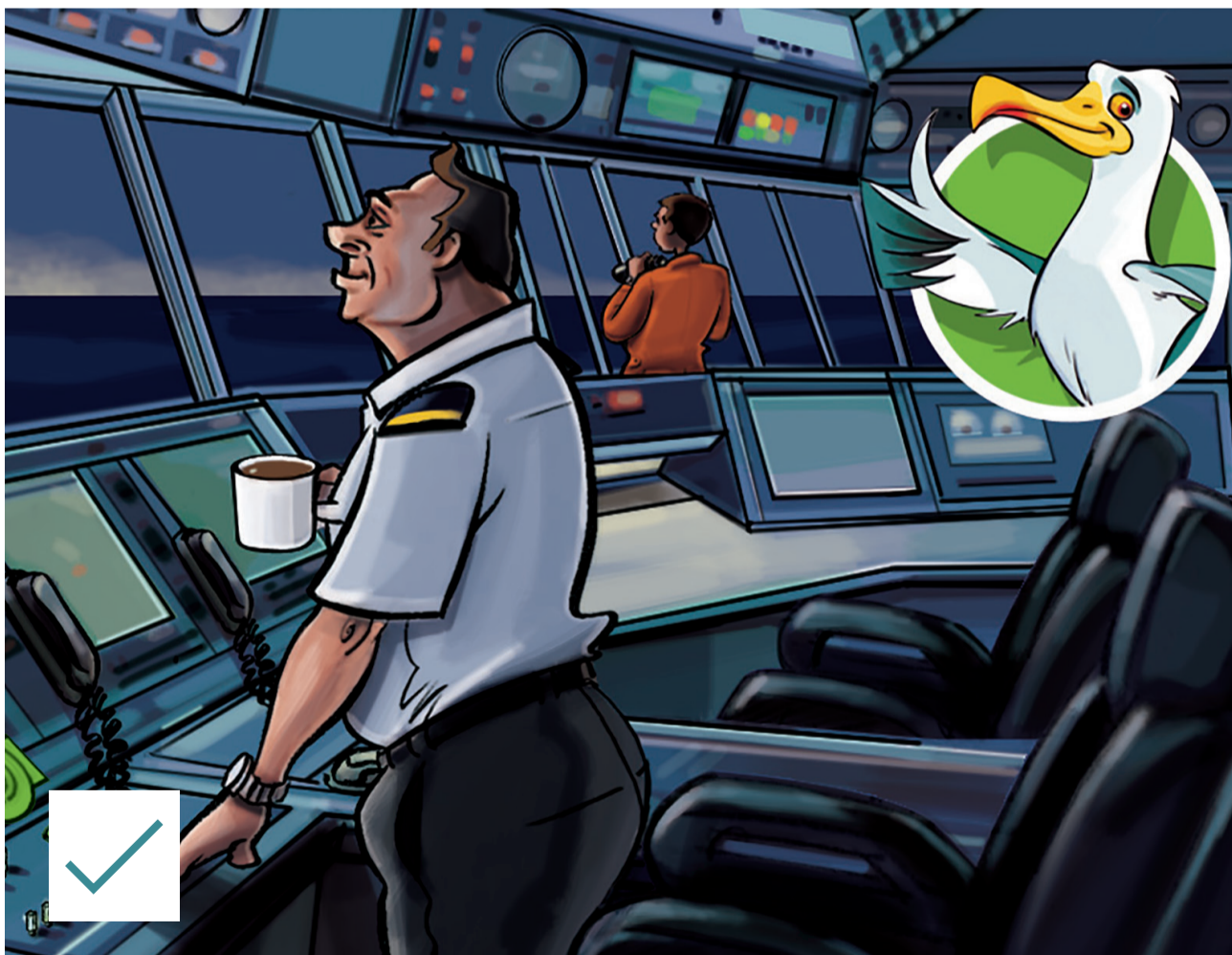
## Soft Skills

# Fatigue



The ability of the watch keeping officer to identify, assess and correctly react to hazards is dependent on them being well rested and alert. The effects of fatigue build up over time and are directly attributed to factors such as length of time on board, length of time on leave, watch patterns, weather conditions, quality and duration of rest, workload and health. Below are some tips on identifying and reducing the effects of fatigue.

- Ensure that work/rest schedules strictly comply with ILO/MLC/STCW regulations.
- Schedule drills and or training to minimise disturbance or rest periods.
- Ensure that watch keeping duties are not performed by a single watch-keeper at night.
- Never isolate or mute bridge navigational watch alarm systems (BNWAS).
- Be aware of the times when the body naturally suffers dips in alertness, these normally occur between 0300-0500 and 1500-1700.
- Common signs of fatigue include:
  - poor judgement or decision making,
  - lack of ability to problem solve,
  - reduced reaction time,
  - poor hand-eye coordination,
  - behavioural or physical changes.
- Eat regular, well balanced meals.
- Avoid eating large meals immediately before attempting to sleep.
- Avoid alcohol consumption.
- Exercise regularly.
- See North's Loss Prevention Briefing on Fatigue for more detailed information.



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