



# FARM SAFETY CHECK



## FATIGUE SAFETY CHECKLIST

Set down the coffee and check in on fatigue before spring activities take over. Fatigue has serious negative impacts on physical and mental health. Operating machinery when you're sleep deprived can be as dangerous as operating machinery under the influence. While seasonality is a part of farming, it is important to be aware of the consequences fatigue can have, and what you can do to promote safety and health on your farm.

You and/or your employee(s) can use this form to complete safety checks on your farm. Use the form below to list additional safety checks you think are important when inspecting your farm. Keep the completed forms for follow-up, future reference and inspections. Additional copies of this form can be downloaded at: <http://umash.umn.edu/umash-farm-safety-check/>

Potential Hazard	Yes	Needs Correction	Date Corrected or Notes
Are you aware of how much you're sleeping and how much you need to sleep for safe work performance?	<input type="checkbox"/>	<input type="checkbox"/>	
Are you aware of the symptoms of fatigue, like dizziness, headaches, vision impairments, poor concentration, slow reflexes, changes in mood?	<input type="checkbox"/>	<input type="checkbox"/>	
How are you managing stress? High stress levels can lead to fatigue.	<input type="checkbox"/>	<input type="checkbox"/>	
Have you maintained a balanced diet with adequate hydration? These factor highly into fatigue.	<input type="checkbox"/>	<input type="checkbox"/>	
Are you heavily reliant on caffeine? This could indicate unhealthy levels of fatigue.	<input type="checkbox"/>	<input type="checkbox"/>	
Have you had a recent physical? Fatigue can be caused by multiple medical conditions.	<input type="checkbox"/>	<input type="checkbox"/>	
Does your safety plan for employees address fatigue management? This could include work maximums, rest minimums, working in pairs, and communication.	<input type="checkbox"/>	<input type="checkbox"/>	
	<input type="checkbox"/>	<input type="checkbox"/>	
	<input type="checkbox"/>	<input type="checkbox"/>	
	<input type="checkbox"/>	<input type="checkbox"/>	

Name of person completing safety check: \_\_\_\_\_ Date completed: \_\_\_/\_\_\_/\_\_\_

**SEE THE NEXT PAGE FOR ADDITIONAL RESOURCES**



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Additional Hazards	Yes	Needs Correction	Date Corrected or Notes
	<input type="checkbox"/>	<input type="checkbox"/>	
	<input type="checkbox"/>	<input type="checkbox"/>	
	<input type="checkbox"/>	<input type="checkbox"/>	
	<input type="checkbox"/>	<input type="checkbox"/>	

## ADDITIONAL RESOURCES

### Steps to Manage Fatigue on Farms

Australian Center for Agriculture Health and Safety

[https://sydney.edu.au/medicine/aghealth/uploaded/fs\\_docs/Fatigue/Fatigue\\_Management.PDF](https://sydney.edu.au/medicine/aghealth/uploaded/fs_docs/Fatigue/Fatigue_Management.PDF)

### Fatigue

National Centre for Farmer Health - Australia

<http://www.farmerhealth.org.au/page/health-centre/fatigue>

### Sleep Deprivation: Causes and Consequences

National Ag. Safety Database

<http://nasdonline.org/872/d000705/sleep-deprivation-causes-and-consequences.html>

### Long Work Hours, Extended or Irregular Shifts, and Worker Fatigue

Occupational Safety and Health Administration (OSHA)

<https://www.osha.gov/SLTC/workerfatigue/prevention.html>

*The facts and information provided are suggestions for your safety, but are in no way a comprehensive and exhaustive list of all actions needed to ensure your safety, and are not an endorsement of any products mentioned.*

For additional Farm Safety Check topics and resources, visit: <http://umash.umn.edu/umash-farm-safety-check/>

To receive Farm Safety Check topics via email, join the UMASH email list at <http://umash.umn.edu/join-our-email-list>

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*The Upper Midwest Agricultural Safety and Health Center (UMASH) is a Center of Excellence in Agricultural Disease and Injury Research, Education, and Prevention funded by NIOSH cooperative agreement U54OH010170.*

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Updated October 2018