



FARM SAFETY CHECK



FATIGUE SAFETY CHECKLIST

It is estimated that fatigued workers in the workplace costs more than 18 billion a year in the US. Farmers are at increased risk from the effects of fatigue because they work with machinery and animals which require them to be 100% alert all the time.

Check in on fatigue before busy season activities take over or a devastating incident occurs. Different from sleepiness, fatigue results in **impairment in regular functioning**. **Operating machinery with fatigue can be as dangerous as operating machinery under the influence.** With agricultural seasonality, farmers may experience high demand jobs, long work periods, disruption of circadian rhythm, and sleep debt, which are key contributors to fatigue. 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 prioritizing rest, recovery, and sleep? Staying well-rested is essential for safe work performance?	<input type="checkbox"/>	<input type="checkbox"/>	
Are you aware of the symptoms of fatigue? These can include drowsiness, apathy, dizziness, headaches, vision impairments, poor concentration, slow reflexes, changes in mood.	<input type="checkbox"/>	<input type="checkbox"/>	
Are you managing stress? Strategies include a regular short walk, talk with a friend, or practice mindfulness. High stress levels can contribute to fatigue.	<input type="checkbox"/>	<input type="checkbox"/>	
Have you maintained a balanced diet with adequate hydration?	<input type="checkbox"/>	<input type="checkbox"/>	
Are you heavily reliant on caffeine? This could indicate fatigue.	<input type="checkbox"/>	<input type="checkbox"/>	
Have you had a recent physical exam? Fatigue can be a symptom or caused by multiple medical conditions (depression, anemia, medication side effects, etc.).	<input type="checkbox"/>	<input type="checkbox"/>	
Does your safety plan for employees address fatigue management? This could include work maximums, rest minimums, and working in pairs.	<input type="checkbox"/>	<input type="checkbox"/>	
Have you established reliable and regular communication on the farm? Both fatigue and working alone can be risky to farmers.	<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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FATIGUE

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

Sleep

AgriSafe Network

<https://www.agrisafe.org/healthcare/sleep/>

Stress & Mental Health

Upper Midwest Agricultural Safety and Health Center

<http://umash.umn.edu/stress/>

Fatigue at Work Can be Deadly

National Safety Council

<https://www.nsc.org/workplace/safety-topics/fatigue/fatigue-what-you-can-do>

Fatigue Management in the Workplace

Industrial Psychiatry Journal

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4525425/>

Fatigue

MedLine Plus

<https://medlineplus.gov/ency/article/003088.htm>

Sleep Deprivation: Causes and Consequences

National Ag Safety Database

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

Updated May 2022

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 insure your safety, and are not an endorsement of any products mentioned.

The Upper Midwest Agricultural Safety and Health Center (UMASH) is funded by NIOSH cooperative agreement U54OH010170.
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