



TAKE 5

Five Minute Safety Talks

Worker Fatigue – Fill Your Bucket

Worker fatigue can result in poor decision making and workplace injuries. The “bucket model” is used to describe the effects of worker fatigue. The bucket represents a worker’s physical and mental state. A full bucket represents a worker who is rested, hydrated, nourished, and displaying a positive mental state. The demands of physical and mental work drain a worker’s bucket over the course of hours, days, and weeks. The bucket is drained when workers are exposed to:

- Excessive intensity and duration of physical and mental effort.
- Hazardous work environments.
- Extreme weather conditions (heat, cold, etc.).
- Long hours or shift work.
- Lack of sleep.
- Poor nutrition.
- Lack of exercise.

In order to refill the bucket, make sure to allow time for:

- Recuperation, rest, and adequate sleep.
- Nutritional meals.
- Time with friends and family.
- Exercise.

Worker fatigue has a direct correlation with workplace injuries. Focus on filling the bucket whenever possible. Your mind and body deserve it.



*For more information on our Ag Industry specific training,
contact us at 844-8SAFETY or www.safetymadesimple.com*

Date Presented: _____

Name of Presenter: _____

Acknowledgement:

Employee Signature

Employee Signature

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Group Discussion Notes/Comments:
