

Job site: \_\_\_\_\_  
 Foreman: \_\_\_\_\_

Date: \_\_\_\_\_  
 G.C. \_\_\_\_\_

**SMOHIT Safety Sense**  
 Toolbox Talks for the Sheet Metal Industry

**Managing Fatigue**

- Fatigue can lead to depression, anger, a loss of physical and cognitive skills, and a lack of motivation.
- Reducing fatigue is achieved by conserving energy and simplifying work through planning, positioning, pacing, prioritizing, and adaptive equipment.
- Plan specific tasks and eliminate extra steps so that you may do them more efficiently.
- If possible, try to distribute demanding work throughout the day rather than doing it all at one time, and try to rest up before doing hard work.
- Alternate light/heavy, sitting/standing, and fast/slow activities. Use labor-saving devices and adaptive equipment that will conserve energy.
- Maintain good posture to keep strain off of joints. When your body is in good alignment, it uses less energy.
- Exercise to stay in good shape. Exercising is just as important as resting. Try to do energy-building, low-impact exercises that won't put strain on your body. Examples of these types of exercises include swimming, bicycling, and walking. There may be some initial discomfort when beginning an exercise routine, but pace yourself and rest when necessary.

**Instructor Tips**

- **Emphasize the importance of exercise in fighting fatigue and maintaining a healthy lifestyle.**

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Reference: Centers for Disease Control