

# Wake up to fatigue

WHAT WAS THAT  
THING I WAS MEANT  
TO BE DOING?

GETTING SOME  
SLEEP, SON.

## Are you experiencing any of these signs?

### MOODY

Feeling grumpy

Not saying much

Getting frustrated

Not caring

### DISTRACTED

Stuck on one part  
of a problem

Can't stay focused

Can't make sense  
of a situation

Can't finish tasks

Forgetting things

### UNPRODUCTIVE

Cutting corners to  
get things done

Can't properly judge  
distance, time or speed

Doing things in the  
wrong order

Can't think logically

Making mistakes

### TIRED

Yawning a lot

Nodding off

Slurring speech

Got sore eyes or  
blurry vision

Feeling clumsy or slow

## Do these risks ring alarm bells?

- Been awake for more than 16 hours
- Short of sleep
- Slept badly
- Are working alone in the early morning hours
- Feel exhausted

Be aware that it's possible to both look and feel alert when being at risk of falling asleep. If **two or more of these risk factors ring true**, you're fatigued and at risk of falling asleep.

## ACT NOW!

Tell another crew member

Get some sleep (ideally around 2 hours –  
including at least 15 minutes to wake up)

Drink some water

Eat a light meal or snack

Do a job with minimum risk

SAFETY =



+ HSWA

For tips on safe fishing go to  
[www.maritimenz.govt.nz/fatigue](http://www.maritimenz.govt.nz/fatigue)

## Safe crews fish more

Nō te rere moana Aotearoa  
**MARITIME**  
NEWZEALAND