



Fatigue Management Policy


As part of our overall health and safety policy, DSD Construction Ltd recognises that fatigue is a major health and safety risk that we must control effectively.

DSD Construction Ltd is fully committed to managing & mitigating fatigue risks and ensuring our staff are physically fit to perform their duties safely.

To achieve this, we will:

- Review this policy on an annual basis or sooner if circumstances dictate a change of policy.
- Convey the contents of this policy during new starter inductions & site-specific inductions.
- Display our fatigue policy on notice boards.
- Ensure that we plan work activities considering fatigue factors such as:
 - Travel distances.
 - Physicality of work to be undertaken.
 - Previous work patterns of those undertaking tasks.
 - Restricting the number of consecutive night shifts.
 - Provision of adequate rest periods between shifts.
 - Avoidance of long working days & too much overtime.
 - Arranging for quality breaks during the working day.
- Ensure that work activities are planned in order to 'avoid exceedances.
- Monitor work activities to recognise fatigue amongst our workforce.
- Take positive control measures to minimise the effects of fatigue.
- Include fatigue as an agenda item at any health & safety meetings.
- Introduce effective controls at individual, job and organisational levels.
- Encourage employees to report any concerns relating to their ability to work safely.
- Monitor and review 'time sheets' to ensure that the following parameters are not exceeded:
 - No work more than 12 hours in any shift.
 - No work more than 72 hours in a calendar week.
 - Have a minimum rest period of 12 hours between consecutive shifts.
 - Not working more than 13 shifts in any 14 consecutive day period.
- Exceedance of the parameters described above will only be permitted in an emergency, once a suitable risk assessment has been carried out in accordance with our risk assessment procedures.

The implementation of this policy is the responsibility of the Managing Director, assisted by the General Manager, Health & Safety Manager and other members of the management team.

Signed: 
Date: 01.02.19
Shaun Nugent - Managing Director