



FATIGUE MANAGEMENT POLICY

POLICY STATEMENT

It is the policy of this company to ensure that workers do not place their own health and safety or the health and safety of others at risk. To achieve this, we are committed to providing and maintaining a working environment in which workers are not exposed to hazards arising from the impairment from fatigue resulting from excessive or unreasonable working hours.

The following will be form part of the planning process:

- Routes & schedules are planned and assessed to minimise fatigue
- The general management of workplace fatigue in accordance with OH&S laws
- Drivers are encouraged to make lifestyle choices that promote better fatigue
- Management outcomes – this includes a proper balanced diet, regular water,
- Limited alcohol intake (zero tolerance whilst at work), a drug free lifestyle, suitable
- Rest periods whilst away work, regular medical checks, etc

AIMS AND OBJECTIVES

We will strive to ensure that all workers engaged by this company either as employees or contractors are in a fit condition to safely carry out their work, or that workers are not impaired in any way by the effects of fatigue or stress. To achieve this, no person will be allowed to enter a workplace or carry out work while suspected of being impaired by or suffering adverse effects of fatigue or stress.

RESPONSIBILITIES

We will take all reasonable precautions in the placement of workers to ensure that hours of work, shifts, rosters and workplace conditions do not create an unacceptable risk of fatigue. Workers will not be required to work more than 12 hours per day wherever possible, and work in excess of these hours will be subject to a risk assessment to ensure the safety and well-being of workers. Rosters will be designed to ensure that workers are provided with reasonable rest periods between shifts.

All workers must ensure that they report to work in a physical, mental and behavioural condition that will allow them to perform their duties competently and in a manner that does not place themselves or others at the workplace at risk. This will require that workers ensure that they obtain sufficient rest before commencing work to ensure that they can carry out work during their shift in a safe and effective manner, and to observe any other relevant fatigue management strategies that they have been instructed in and are required to carry out.

AUTHORISED BY

Signed: _____

A handwritten signature in black ink, appearing to be "D. G." followed by a flourish.

Position: _____

DIRECTOR

Date: 4/11/2013