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Introduction to Fatigue Management

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Introduction to Fatigue Management

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Fatigue is a major safety concern, particularly in physically demanding fields like wireline operations.

Objective
This session will highlight the importance of fatigue management, strategies to manage it, and how to recognize the signs of fatigue in yourself and others.

The Impact of Fatigue on Safety and Performance

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- **Increased Risk of Accidents**
  Fatigue can impair judgment, slow reaction time, and reduce focus, leading to accidents or errors.

- **Decreased Performance**
  Fatigue leads to reduced concentration, slower decision-making, and a decline in physical capabilities, which are critical in wireline tasks.

- **Cognitive Impairment**
  Tired workers are more likely to overlook safety protocols, make mistakes, or miss hazards.

Case Study

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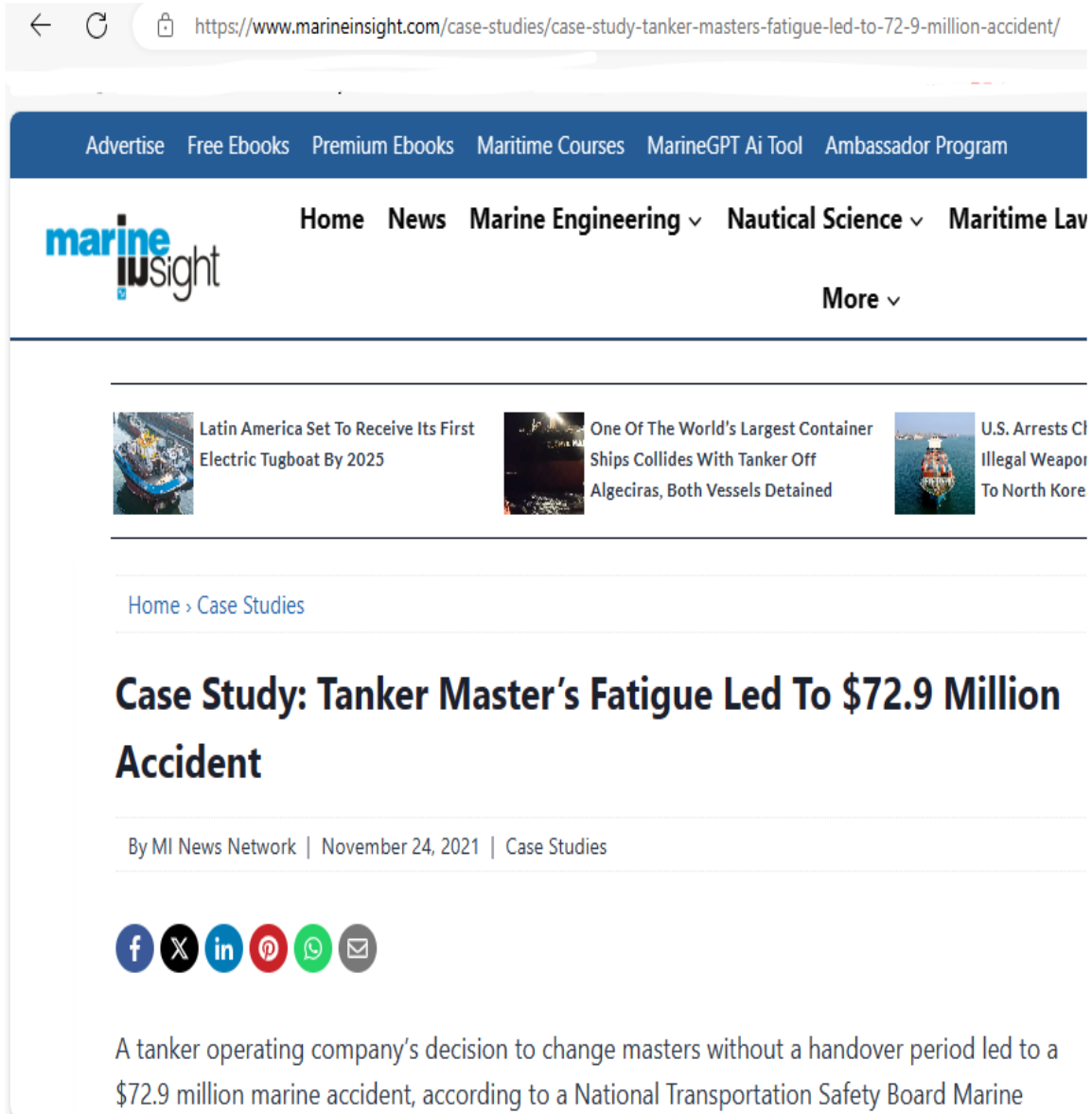

Incident Overview

The tanker Atina struck the SP-57B oil platform near Pilottown, Louisiana, while attempting to anchor in the Gulf of Mexico.
The collision resulted in $72.9 million in damages but no injuries or pollution.

Cause

Inadequate handover and fatigue resulted in the accident master's impaired judgment and contributed to the collision.

Key Findings

- The tanker's operating company failed to follow its own safety management system (SMS), which required a handover period between the outgoing and incoming master.
- The accident master had no sleep for 50+ hours before joining the vessel and was fatigued.
- The incoming master did not receive a proper handover, leading to poor situational awareness and a wrong anchorage decision (anchoring 0.7 miles from the platform instead of 3.2 miles as planned).

Lesson Learn

Companies should ensure adequate rest and a proper handover period for incoming crew members, especially before taking critical roles like navigation.

Managing Fatigue on the Job

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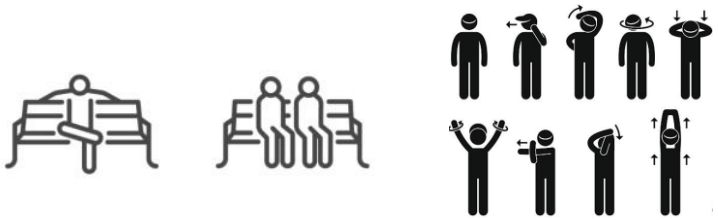
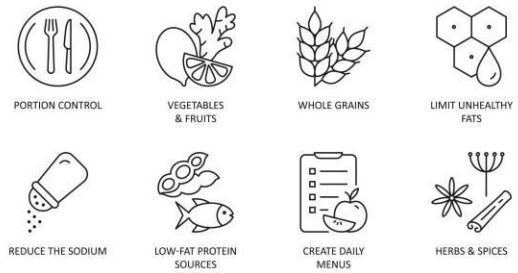
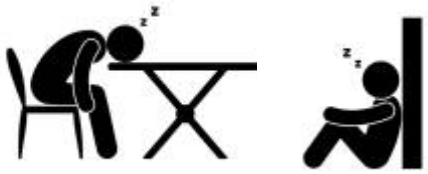
- **Regular Break**
  Schedule frequent breaks during shifts to allow workers to rest and recover. A short walk or a few minutes of stretching can refresh the body and mind.



- **Hydration and Nutrition:**
  Encourage workers to stay hydrated and eat balanced meals. High-energy foods (e.g., fruits, nuts) can prevent energy dips.



- **Napping (Where Possible)**
  Encourage power naps (10-20 minutes) to help workers recharge during long shifts, especially during low-energy periods like mid-afternoon.



Recognizing Fatigue Symptoms

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- **Physical Signs:**
  - Drowsiness or yawning frequently
  - Decreased coordination or unsteady movement
  - Slurred speech or delayed responses
  - Eye strain or difficulty focusing

- **Behavioral Signs**
  - Increased irritability or mood swings
  - Reduced engagement or lack of attention to detail
  - Forgetfulness or difficulty concentrating

- **Team Awareness:**
  Encourage team members to speak up if they notice these signs in others and to take action (e.g., encourage a break, inform the team member).

- **When to Stop**
  If fatigue becomes severe (e.g., inability to concentrate, constant yawning), workers should assess surrounding situation, inform team member to take a short break.

Rest & Work-Life Balance

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- **Adequate Sleep**
  Ensure that workers get enough rest between shifts (ideally 7-9 hours of sleep). Lack of sleep directly impacts performance.

- **Off-Duty Recovery**
  Encourage employees to take full advantage of off-duty time for rest and recreation, avoiding excessive overtime or double shifts.

- **Shift Rotation**
  Implement shift rotation systems that allow for adequate rest periods between shifts. Maximum shift lengths (12-hour shifts) and extended hours (+4-hours, as per PTW).

Conclusion & Key Takeaway

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Key Takeaways

- Fatigue significantly affects safety and performance in wireline operations.
- Recognize the signs of fatigue and take proactive measures to address it.
- Follow company policies on rest, shift rotation, and work-life balance.
- Stay aware of the importance of adequate sleep, nutrition, and hydration.
- Foster a team culture where fatigue is addressed openly.

Final Thought

Prioritizing fatigue management ensures a safer, more efficient work environment and reduces the risk of accidents.

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Thank you !

Questions and Answering Session