TEXAS OIL & GAS ASSOCIATION
SAFETY TALKS

an initiative of the TXOGA Workers' Compensation Safety Group

Fatigue Management

What this Safety Talk Covers:

The "Dos" and "Don'ts" of managing fatigue when on the job site.

Discussion Notes:

Discuss the outcomes of the "Dos" and "Don'ts."

Do

- ✓ Get 7 to 8 hours of sleep before your shift. Caffeine masks fatigue; only sleep restores alertness.
- ✓ Use Stop Work Authority if you are too tired to work safely, particularly before climbing a derrick, running a forklift, or starting hot work.
- ✓ Watch your crew for yawning, slow responses, slurred speech, and missed steps, especially in the last hours of a long tour.
- ✓ Use your first days off a hitch rotation, such as 14 and 14 or 21 and 7, to catch up on sleep instead of packing in more work.
- ✓ Walk the pad and stretch every hour during long monitoring jobs like tank gauging, pressure testing, or watching returns on a rig.
- ✓ Use a bunkhouse, crew van, or rested driver after a long tour, since many incidents happen on remote lease roads on the way home.
- ✓ Schedule line breaks, confined space entry, and lifts early in the shift, and not during the 2 a.m. to 5 a.m. alertness dip.

Don't

- x Work around pressure, H2S, or energized equipment when you are running on empty. A missed valve position or a skipped gas check can turn a small mistake into a fatal one, and tired crews are slower to react to a release.
- x Lean on energy drinks or extra coffee to push through the shift. They wear off, and the crash often hits at the worst time, such as halfway through a long drive back from a remote well site or pipeline right-of-way.
- x Drive while drowsy. Rural lease roads, loaded trucks, wildlife, and heavy oilfield traffic leave little room for error, and a rollover far from help can turn a bad night into a much worse one.
- x Stay quiet to avoid slowing production or letting the crew down. No turnaround or rig move is worth an injury.
- x Stack a second job or extra overtime on top of a heavy rotation. Sleep debt builds quickly and is hard to pay back.

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Meeting notes:
Employee comments/concerns:_____

_____

Other safety issues to be addressed on the job/facility:_____

_____

Training record: Date:_____ Jobsite/Facility: _____
Trainer: _____ Title: _____

Employee name (print)	/ (signature)	Employee name (print)	/ (signature)
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(Continue recording signatures on a separate sheet of paper)
Employee Quiz is provided on last page. Answers are: 1. (c), 2. (d), 3. (a), 4. (d), 5. (b)

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Employee Quiz
Fatigue Management

Employee Name: _____

Circle the correct answer below

1. Which of the following truly restores alertness?
   a. Strong coffee
   b. Energy drinks
   c. Adequate sleep
   d. Fresh air

2. At what time of day is the body's natural alertness typically lowest?
   a. 8 a.m. to 10 a.m.
   b. Noon to 2 p.m.
   c. 6 p.m. to 8 p.m.
   d. 2 a.m. to 5 a.m.

3. Which of these is an early warning sign of fatigue in a coworker?
   a. Missing steps in a routine task
   b. Asking to change a job assignment
   c. Talking about the weekend
   d. Arriving early to a meeting

4. After a long tour at a remote well site, what is the safest choice?
   a. Drive home quickly to get to bed
   b. Drink an energy drink for the drive
   c. Roll the windows down and turn up the radio
   d. Use a bunkhouse, crew van, or rested driver

5. Drinking caffeine fixes fatigue and makes it safe to keep working around pressure and energized equipment.
   a. True
   b. False

Training record: Date: _____ Jobsite/Facility: _____
Trainer: _____ Title: _____

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