

## Fatigue Management Policy

Perfect Group is aware of its duty under the relevant Work Health and Safety Legislation to prevent and/or minimise fatigue in the workplace, as far as reasonably practical. This will be achieved through adequate consultation and risk management.

Fatigue may be a serious risk to health and safety of workers and others. Fatigue is an acute, ongoing state of tiredness that leads to mental or physical exhaustion and prevents people from functioning within normal boundaries. It is more than feeling tired and drowsy, it is a physical condition that can occur when a person's physical or mental limits are reached. Fatigue may include feeling sleepy, physically or mentally tired, weary or drowsy, feeling exhausted or lacking energy.

Fatigue prevents a person from being able to function normally. It decreases alertness and affects a person's ability to think clearly, therefore increasing the potential for accidents or injuries to occur.

Fatigue management is a shared responsibility between Perfect Contracting, its workers and other persons conducting a business or undertaking affecting or connected with the company's workplace, as it involves factors that occur both in and outside of the workplace.

Workers are reminded that they are required under the legislation to take all reasonable care for their own health and safety as well as that of others in the workplace.

There are a number of different factors that may contribute to fatigue, with lack of sleep being the most common. These factors may arise from the workplace, any personal issues the employee is experiencing, the person's lifestyle choices, or a combination of these.

## Review

This Policy will be reviewed every 12 months and when required by changes in legislation, or when company operations require it. If altered, workers will be consulted and notified of changes.



Signed:  
(Luke Hamblyn, General Manager)

Date: 01/12/2022