Brieser CONSTRUCTION

Toolbox Talk



Topic - DATE 10/18/26 - 10/24/26

Fatigue: A Leading Factor in Workplace Incidents

Fatigue is more than simply feeling tired or drowsy. It is a state of mental and/or physical exhaustion that stops a person from being able to function normally.

Fatigue is generally caused by:

- Prolonged periods of physical and/or mental exertion without proper recovery time.
- Spending long periods of time awake or without quality sleep.

Fatigue can impact your performance by diminishing reaction time, focus, and decision making. This can ultimately increase the potential for workplace injuries and health issues for you.

Fatigue is a real safety and health concern. In fact, nearly all of our Clients have Fatigue Management Polices that they expect Brieser Construction to follow. Most are modeled after established guidelines published by the American Petroleum Institute (API).

Brieser's policy was carefully constructed to comply with all Client sites and API policies. Our policy is found in Section 3, Page 15 of the Brieser Construction Safety, Health, and Environmental Manual: *www.brieserconstruction.com/ Employee Resources/2025 Brieser SH&E Manual.* It reads as follows:

"Never work more than 14 days in a row without a fatigue day. Notify your job foreman on your 13th day of working without a day off so a fatigue day can be scheduled. Working more than 14 days without a day off is grounds for dismissal. You are also responsible for notifying your job foremen if you are fatigued to the point of not being able to perform your job tasks. Your job is to notify your supervisor if you are feeling fatigued. The Supervisors job is to worry about job rotation schedules to control fatigue. Supervisory personnel will make safety critical decisions and take appropriate actions to prevent loss."

It is your responsibility to keep track of your work days worked and coordinate with your supervisor to ensure that we are compliant with the policy.

Finally, do not work if your fatigue threatens the safety of yourself or others. If at any time fatigue interferes with your ability to do your job safely, make sure you talk to your supervisor so you can work together to come up with solutions that will maintain a safe working environment.



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SAFETY MEETING SIGN-IN

Date _____ **Topic** _____

Location _____

Trainer _____

Start Time _____ **End Time** _____

Print Name	Signature	Print Name	Signature

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SCAN	SAFETY/TOOLBOX TALKS/TRAINING/MMDDYY TRAINING CERTIFICATION



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