

# Better Lives Dashboard

Issue 2 July 2015

Purpose: simple messages & ideas to take home & share

## Where are we being injured ?

(since project records began)

- Hand / fingers (below elbow) = 203
- Lower limb = 85
- Back (spine) = 59
- Upper limb = 53
- Head = 51
- Eyes = 44
- Foot 42
- Torso (front) = 25



## Common signs of fatigue

- Depression
- Loss of appetite
- Falling asleep 'at will'
- Problems with indigestion
- Feeling 'light headed'

## Better choices to combat fatigue

### What's good;

- Water & staying hydrated
- Fresh fruit and vegetables
- Nuts & raisins as snacks
- Regular exercise
- Foods high in melatonin such as bananas, sweetcorn, rice and tuna

Melatonin helps with sleep rhythms, fatigue, boosts immunity and repairs cells when you're sleeping

### What's not so good

- Pies, processed and starchy foods
- Alcohol or caffeine 4 hours before going to bed—you may feel sleepy but your brain remains awake
- Sweets and sugary items, may give you a temporary energy hit, but it drops off quickly

## Fatigue—it's all in the mind, right?

More than 35% of all working kiwis don't feel that they get enough sleep.

- Fatigue is the result of a series of physical and mental symptoms that may lead to the temporary inability to respond to a situation due to over exposure, contributed by extreme tiredness from either physical or mental exhaustion .
- Fatigue resulting from shift-work has been associated with increased rates of accident and injury in the work place, and in vehicular accidents driving whilst fatigued.
- Being awake more than 17 hours in a row is equivalent to having to blood alcohol content 0.05, this is the legal limit to drive in NZ



Are you regularly getting 7-9 hours sleep?



Do you regularly fall asleep in front of the TV?



Have you ever fallen asleep on the drive home?



10-12 hour break between work days (this includes office workers) is recommended

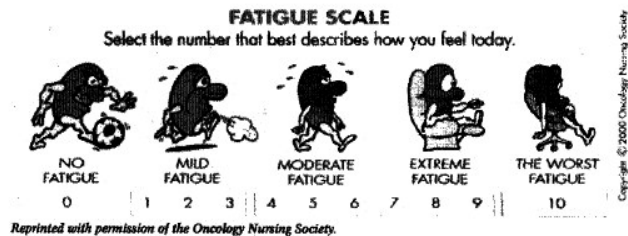


20 minute 'power naps' can significantly reduce risk of error in the workplace



Being tired is not unique to people working shifts. Other factors include; young or sick family, stress, travel time, workload, diet, physical shape, age and social life.

**REMEMBER** it is your responsibility to turn up for work, fit and ready to work



**New Zealand Blood Service**  
The gift of life

## Do you know what your blood type is?

**A** for Awesome, **B** for Brilliant or **O** for Outstanding?

Find out more when Craig, from NZ Blood Services, attends tool box talks & the offices throughout the week of July 6-10 .

**If YOU are keen to be a part of the WCA drive for blood donations :**

**WCA July 13<sup>th</sup> 123 Hendon Avenue 1-7pm**

- 1) Sign up if you want to be a blood donor, either on line or at your site office
  - 2) Let your foreman / manager know
  - 3) Check that you are OK to donate
- [www.nzblood.co.nz](http://www.nzblood.co.nz)

Sign up schedule is available on ORBIT home page, directly under NEWS banner

**Our aim is to help 300 lives**



**Fatigue?**



**Difficulty Getting Up?**

**DECREASED ABILITY to handle**

**Stress?**

**Decreased tolerance?**



**Irritability?**



**Effort > Everyday Tasks**

**Reduced libido?**



**Less focus? Everything seems like a chore?**

**Takes you longer to complete tasks?**

**MEMORY LESS ACCURATE?**



**Fuzzy Thoughts?**



**Experiencing Less**

**ENJOYMENT**

**HAPPINESS**

**Salt Craving?**

**Extremely TIRED?**

**4pm**



**Sick**

**More often?**



**Mild DEPRESSION**

**Requiring an increased time to recover from sickness?**

