



# REST is food for the body

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Many parts of the world are seemingly on pause for the time being but fortunately agriculture is relentless in its continuation and that is no different this year. For many farms we are about to start the busiest time of the year and coming with a large workload. Please take care of you, your family and your farming team through this busy time.

Down through the years farm fatality figures demonstrate the busiest times of the year are the most dangerous, fatigue being a major factor in many accidents on farm. It may be because of the significant increase of workload, rushing to get work done on time and tiredness edging in.

One study found fatigue-related impairment is four times more likely to result in work-related incidents than being under the influence of alcohol and drugs. It went on to suggest inadequate rest between shifts, working very hard or for too long, disruption of the body clock by shift work, having poor quality or broken sleep, adverse weather, noise and vibration can all result in fatigue.

According to the RSA, nearly a quarter of drivers in Ireland admit they have struggled to stay awake while driving. Although it is not limited to agriculture it is a good representative view of how fatigue can affect all drivers as well as machine operators.

- Get extra, experienced help during the busy periods of the year.
- Stay hydrated and don't skip meals.
- Step outside the cab, get some fresh air and stretch your legs for a few minutes.
- Ensure adequate sleep between shifts.

Stimulants like strong coffee have only short-term effects in improving your concentration or awareness.

**The only cure for fatigue is proper rest.**



Evenings are beginning to stretch lifting the long evenings and allowing a little more light every day. However, whether it is bright or dark we need to make every effort the increase our visibility on farm and on the roads, wherever they maybe people operating machinery or driving in general.

Free high visibility gear is available to order for vulnerable road users <https://www.rsaorders.ie/orders-online/>

