



H S E

HEALTH SAFETY ENVIRONMENTAL



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The Dangers of Rushing & Fatigue

Rushing is a basic characteristic of human nature. From an early age we are told that it is important to accomplish as much as we can. Some people feel that getting a task done in a hurry may give you extra benefits such more time to do other things that may be more enjoyable. Others feel the quicker a task is completed, the more valuable they may be viewed by management or the organization.

Sadly, this method of thinking has led to many avoidable incidents. It is important to note that there are several factors that led to rushing during work.

One such factor is that in recent investigations and discussions with employees have shown that there is a fundamental breakdown in communication that has led to a misinterpretation of the term “priority”.

When operational management views a list of job scopes relating to the work at hand, management may choose to make one job scope or task a priority over the others, meaning it is more important. However, when this information is distributed to the work crews, some workers may take the term “priority” to mean that the job scope must be completed in a time-sensitive manner. This leads to workers creating a self-imposed time restriction and rushing to complete the job task.

Remember:

No job is ever so urgent or important that we can not take the time to do safely and environmentally correct.

Another factor that may lead to rushing is “implied haste” and can result from management or supervisors making comments such as “it would be great if we could get this work scope finished by the end of the week”. This can also lead to a self-imposed sense of urgency to complete the job task. Always remember that completing a job safely and without incident is the most important and valuable aspect of our work and should never be influenced by time factors.

As projects progress, along with rushing comes fatigue. Many workers find themselves working longer shifts and longer rotations. This may lead to workers becoming mentally and physically exhausted.

One study showed that being awake for over 16 hours or getting less than 5 hours of sleep at night is the same as being intoxicated. For instance, 17 hours with no sleep is comparable to a 0.05 Blood Alcohol Level.

If you are feeling fatigued at work, please do not hesitate to talk to your supervisor or HS&E representative. The risk of injury to yourself and your coworkers drastically increases when you are working with a cloudy mind and a tired body.



Report all incidents immediately to the GIS Hotline 1-855-543-5163.

SAFETY ALERT