

This message has been approved by Tanya Rowell, CEO of the Public Service Commission

-Please post this message for employees who do not have computer access-

As restoration work continues post-Fiona, safety for all employees remains the number one priority. Over the past couple of weeks, employees have been working very hard at work and at home on restoration work. You may be feeling fatigued. It is important to recognize that fatigue can reduce a person's ability to work safely and effectively, and increase the risk of injury when workplace hazards are present.

Fatigue can influence us in many ways and may reduce alertness, reaction time, the ability to react appropriately, memory, decision making, information processing, effective communication, and impair your ability to drive or operate equipment/machinery safely.

Tips to help prevent fatigue:

Establish healthy sleep habits

- Try to get at least 7.5-8.5 hours of sleep per night.
- Keep a consistent sleep schedule. Go to bed and wake up at the same times every day.
- Do not consume foods containing caffeine up to 8 hours before sleeping.
- Turn off electronic devices at least 30 minutes before you go to sleep.

Take your regular breaks throughout your workday. Pace yourself and give yourself opportunities to rest.

Establish regular eating times

- Skipping meals or eating at irregular times can cause you to experience fatigue.
- Eating snacks in between meals is a great way to stay nourished and helps give you the energy you need to complete your work.
- Eat a healthy diet that promotes longer-lasting energy. Consume a balanced diet of fruits, vegetables, whole grains, healthy fats and protein.

Stay hydrated. When you don't drink enough fluids to replace the water that you lose through sweating and everyday activity, you can become dehydrated. Dehydration can cause fatigue.

For Additional Information:

- <http://wcb.pe.ca/fiona>
- [CCOHS on Fatigue: Symptoms, Effects and How to Address It](#)

If you feel your or your coworker's ability to work safely is impaired for any reason, including fatigue, please notify your supervisor. If you are a supervisor and have questions or require assistance, please contact your HR Manager.

The last few weeks have been extremely stressful. We are here for you. EAP is available to you and/or your immediate family members for confidential and professional counseling and resources at (902) 368-5738, (toll-free) 1-800-239-3826, or eap@gov.pe.ca. For more information, please see: <https://psc.gpei.ca/employee-assistance-program>.

Thank you,

Tanya