### Purpose

To aid in managing fatigue associated with the long work days required in the fish harvesting industry.

### Responsibilities

* Master – Ensure this procedure is carried out as written and to make any changes needed to this procedure to ensure the safety of the crew.
* Crew – Follow the procedure below at the direction of the vessel master.

### Procedure

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| **Step** | **Fatigue Management** |
| **1.** | Schedule work to allow crew adequate time to rest. This might include rotating duties like Watchkeeping.  |
| **2.** | Provide access to coffee and/or tea and allow crewmembers adequate time to consume it during a long shift.  |
| **3.** | Know the signs of fatigue; some things to watch out for are:* Reduced alertness
* Trouble with short term memory
* Irritability
* Giddiness
* Headaches
* Falling asleep against your will (head nodding)
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| **4.** | Know the risks of fatigue; fatigue leads to:* Reduced mental and physical functioning
* Impaired judgement and concentration
* Slower reaction time
* Increased risk taking behaviour
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