



Access Petrotec & Mining Solutions

Fatigue Management Policy

Access Petrotec & Mining Solutions Pty Ltd (AP) is committed to providing and maintaining a working environment that is safe for all Employee's, Clients, Contractors and Others. Managing and minimising employee fatigue at work is considered a major factor in achieving this goal. The intention is to promote a "fit for work" culture where all employees recognise the health and safety risks of fatigue.

Fatigue is a subjective experience that results from a lack of sufficient restorative sleep and/or quality sleep. Signs and symptoms of fatigue included: excessive yawning, chronic tiredness or sleepiness, headache, dizziness, sore or aching muscles, muscle weakness, slowed reflexes and responses, impaired decision making and judgement, moodiness and irritability.

AP is responsible for ensuring that they recognise signs of fatigue and the impact on themselves and others when fatigue and lack of sleep are impacting on their individual wellbeing and workplace safety.

AP employees are responsible for utilising breaks provided within and between shifts to rest and recuperate. Employees must also understand the implications of voluntarily seeking additional work, including secondary employment that might have the potential to increase risks to themselves and others while at work and outside of the workplace. AP ensures;

- Adequate opportunity is available for employees and visitors sufficient rest before commencing work, through appropriate working time arrangement.
- Monitor and control shift allocation, including rostered working hours to ensure there is not excessive periods of wakefulness.
- Provide training and education of employees, to adopt a common understanding of fatigue management through induction processes and newsletters.
- Develop a work cycle register which measures and controls shift management which incorporates fatigue management (employee to work no more than 12 consecutive shifts) without receiving a minimum amount of rest between shifts (12 hours).
- Develop a culture of shared responsibility for fatigue management.
- Promote healthy lifestyle both at work and at home.
- Conduct regular checks to ensure that the elements of the policy are effectively implemented.

All AP employees are required to comply with all applicable client or host organisation Health and Safety Policies and Procedures, including Fatigue Management Policies, when working for Client organisations.

Through commitment to our Fatigue Management Policy, we will continue to strive towards our goals of providing a safe and healthy workplace for all employees and visitors.


Jyoti Mathur

Managing Director

Dated 25/5/2022