

WE ARE ALL IN THIS TOGETHER

As we navigate through the difficult circumstances that COVID-19 is presenting, we need to remember that we are all in this together and there is support available.

Are you feeling worried or struggling to cope at the moment? There is always someone you can talk to. We understand everyone has unique situations that they are working through. We want to remind everyone of the services that are available should you need during this difficult time.

The MC Labour family understand that it is a tough time for many. We are here to support and encourage you to speak up if you're feeling vulnerable.

#SPEAKUP

VICTORIAN WORKERS



Incolink offers free and confidential counselling to all workers and their families 24 hours a day, 7 days a week.

Phone: 1300 000 129

Website: <https://www.incolink.org.au/wellbeing-support-services/247-counselling/>

SOUTH AUSTRALIAN & TASMANIAN WORKERS



Mates in Construction - MATES offer a support line and case management to workers who need help and support.

Phone: 1300 642 111

Website: <https://mobileapp.matesinconstruction.org.au/construction/support>

FOR EVERYONE



Lifeline is a national charity providing all Australians experiencing a personal crisis with access to 24 hour crisis support and suicide prevention services.

Phone: 13 11 14

Website: <https://www.lifeline.org.au>



POINTERS FOR FATIGUE MANAGEMENT

Are you feeling tired? It is normal to feel tired or drowsy after prolonged mental or physical effort at work. Fatigue, however, is more than feeling tired or drowsy. It is an acute and/or ongoing state of tiredness that leads to mental or physical exhaustion and prevents people from functioning within normal boundaries. Working long hours, with intense mental or physical effort, or socializing during some or all of your normal time for sleeping, can cause fatigue. All of these have obvious implications for workplace and public safety.

Fatigue can also have long-term effects on your health. Please talk to us if you are feeling fatigued.

Sleep

- The best sleep is night sleep.
- If sleeping during the day, darken the room and allow more time than normal to fall asleep.
- Choose a quiet, peaceful place to sleep and adhere to a routine.
- Seven to eight hours uninterrupted sleep is adequate.
- Seek medical advice for excessive snoring, irregular breathing and insomnia.
- Although fatigue can accumulate over a long period of time, fatigue due to sleep loss is usually reversible after several nights of good quality sleep.

Drugs and alcohol

- Avoid excessive consumption of alcohol – alcohol or drug dependence affects quality of sleep.
- Avoid stimulants – they delay the need for sleep, such as tea and coffee.

Medical conditions

- If you have a medical condition, you should seek advice from your doctor if you are in a job that involves shiftwork or long working hours.
- Tell your employer about any medical conditions that may limit your ability to work or make you susceptible to fatigue.
- Ask your doctor for an alternative medication if it causes you drowsiness when you need to be awake.

Fitness

- Maintain a basic level of fitness.
- Exercise regularly.
- Keep your weight in check – obesity contributes to sleeping disorders.

Hydration

- It is important to keep hydrated as it increases energy and improves productivity – dehydration can cause fatigue and significantly reduce brain function. If you're feeling like your cognitive skills aren't at their usual speed, it may be time to grab some water.

SAFework AUSTRALIA

A worker's guide to fatigue management

<https://www.safeworkaustralia.gov.au/system/files/documents/1702/fatigue-management-a-workers-guide.pdf>

WORKSAFE VICTORIA

A health and safety guide to fatigue prevention in the workplace

<https://content.api.worksafe.vic.gov.au/sites/default/files/2019-07/ISBN-Fatigue-prevention-in-the-workplace-guide-2019-07.pdf>