

Beautiful Eastern Association of Snowmobile Trails



Safe Operating Procedures

SOP – 13: FATIGUE

It is well-known that snow grooming is best done at night when the air is cooler and snowmobile traffic is light. The types of hazards that may occur when working at night or for extended lengths of time:

- Muscle fatigue (cramping, tremors, loss of control)
- Lessened attention, slower reactions, and loss of sensitivity

Safe Operating Procedures

- To avoid general and muscle fatigue, rest regularly. Frequent, short pauses are more effective than longer rests spaced further apart
- Avoid extended lengths of work (i.e. greater than 8 hours) especially doing physically demanding tasks
- Eat and drink properly during breaks
- Stop task if signs of fatigue begin (i.e. nodding off, yawning, lapsed times when you were unaware of what you were doing)