**CUMMULATIVE FATIGUE SYMPTOMS OF PLYWOOD MILL WORKERS IN SABAH**

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*Abstract:* One of the factors that can lead to industrial accident is the fatigue, which caused by the nature of work itself, either ergonomically obeyed or not. However, fatigue levels are not easily measured or quantified, therefore, it is difficult to isolate the effect of fatigue on accident and injury rates. Awareness and observation of changes in behaviour is one of the methods to detect fatigue. The objective of this study is to analyse and observe the fatigue symptoms among plywood mill’s workers in Sabah. The parameters evaluated are the experiences and conditions in the woodworking environment regarding to the existence of fatigue symptoms that the workers in the plywood mill might experience. It can be specifically identified through the Cumulative Fatigue Symptoms Index questionnaire distributed among the workers. The fatigue symptoms were assessed through the organized and tabulated data of fatigue percentage according to 8 type of NF fatigue group, and analysed while compared on 3 different variables which are gender, age and type of work handled by the workers. As the result in term of gender, there is a significant difference of fatigue percentage, with higher fatigue percentage of male workers compared to female workers, while the difference of physical and mental fatigue between male and female workers not significant. The workers from group of age, the oldest workers have shown a significant difference in aspect of fatigue percentage with highest fatigue percentage when compared to other groups of age, while the difference of physical and mental fatigue between workers’ group of age are not significant. This result of this study has revealed that generally the existence of the fatigue symptoms in the plywood mill in Sabah is in a good condition based on the cumulative fatigue symptoms index analysed. However, some of the workers still cannot avoid from getting physically and mentally fatigued especially workers from male gender, older age and involved in heavy work such as workers at boilers and manufacturing section.

*Keywords:* *fatigue symptoms, plywood mill, workers, sabah*