

# FATIGUE MANAGEMENT

Fatigue will affect your alertness, your performance, your health, your mood and **your safety**.

- GET PLENTY OF **SLEEP**
- TAKE FREQUENT **BREAKS**
- EAT REGULAR **HEALTHY MEALS**
- STAY **HYDRATED**
- **EXERCISE** AND GET PLENTY OF **FRESH AIR**

## WARNING SIGNS OF FATIGUE

- Inability to keep eyes open
- Poor concentration
- Drowsiness, head-nodding
- Slow reaction time
- Increased irritability
- Constant yawning

