

# FATIGUE MANAGEMENT



TAKE FREQUENT BREAKS



GET PLENTY OF SLEEP



MAKE SURE TO EAT REGULAR HEALTHY MEALS



GET PLENTY OF EXERCISE AND FRESH AIR



STAY HYDRATED



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

## Warning signs of fatigue

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



For more Workplace Health & Safety tools and information visit [eml.com.au/resources](http://eml.com.au/resources)



we help people get their lives back