

# Fatigue Management



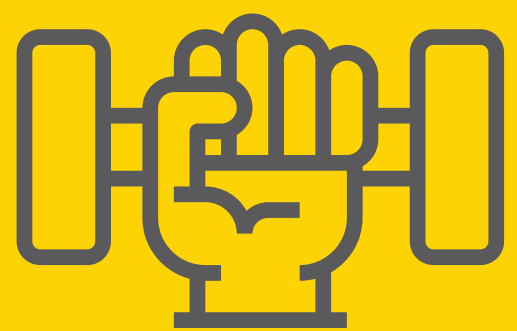
TAKE FREQUENT  
BREAKS



GET PLENTY  
OF SLEEP



MAKE TO 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)

