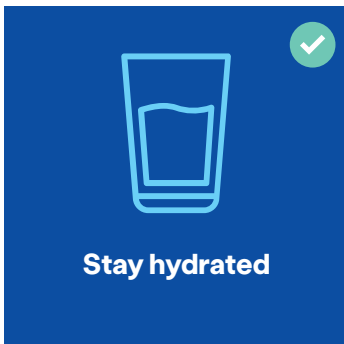
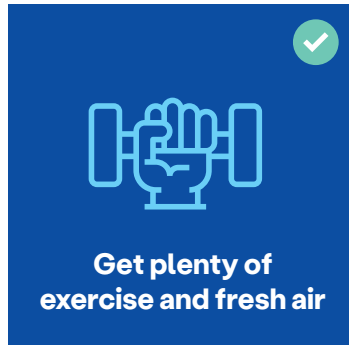
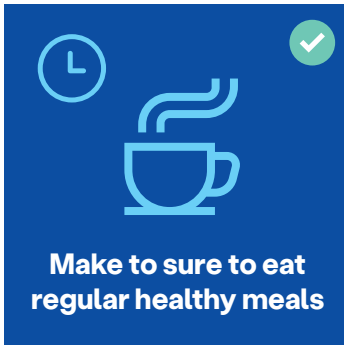
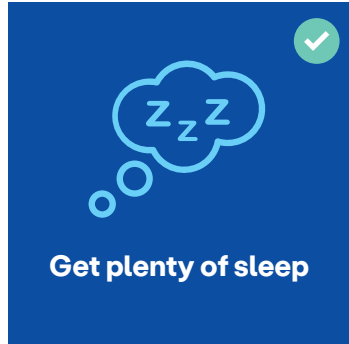
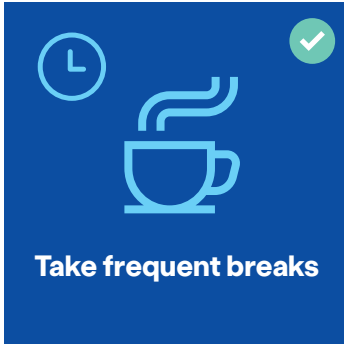


# Fatigue Management



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)

