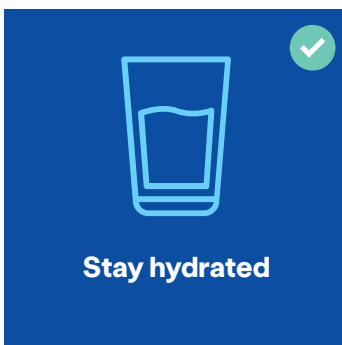
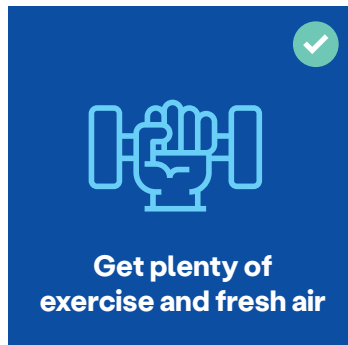
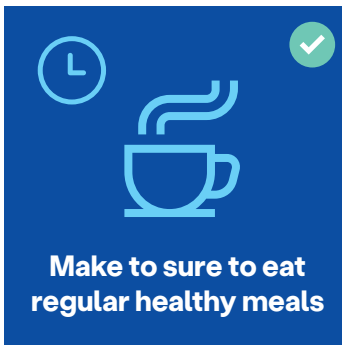
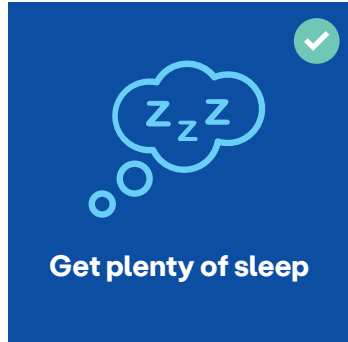
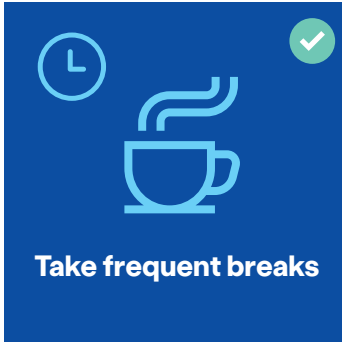


Fatigue Management



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

Warning signs of fatigue

- ⑤ Head-nodding, drowsiness
- ⑤ Inability to keep eyes open
- ⑤ Constant yawning
- ⑤ Poor concentration
- ⑤ Slow reaction time
- ⑤ Increased irritability



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