

The Hazards of Fatigue

**Working when you're tired is no joke.
Fatigue can cause lowered productivity, accidents and even death.**

Fatigue can be caused by...

- too little sleep
- boredom
- physical and emotional problems
- sleep disturbances caused by working irregular shifts

To avoid fatigue...

- Go to bed at the same time every night.
- Don't drink alcohol or caffeine in the evening.
- Don't smoke—it causes sleep problems.
- Exercise regularly—but not before bedtime.
- Get help if you have sleep problems.
- Vary your work tasks as much as possible so you don't get bored.
- Eat a good breakfast and avoid heavy lunches.
- Save partying for weekends.

If you get fatigued...

- Get up and walk around.
- Splash cold water on your face, the back of your neck or the inside of your wrists.
- Try turning up the lights, turning on the radio, opening the window or moving to a slightly different location.

Don't ignore persistent fatigue. See your doctor if you're always tired.

