



PREVENT FATIGUE AT WORK

Fatigue make it difficult to work safely. It can impact your memory, can lead to you making unsafe decisions and reduce your reaction time.

WORKERS AT WORK



Drink plenty of water



Take Breaks



Talk to your Manager if you feel fatigue

WORKERS AT HOME



Get a good quality sleep before work



Talk to the people you live with about ways they can help you to prevent fatigue



Stay hydrated and eat well