FATIGUE CAN BE RISKY

Feeling tired disrupts our ability to concentrate, and increases the likelihood of a slip, trip or fall. Mix in slippery conditions, a distraction or construction, and falls become even more likely both at work and home.

When we are tired, we...

- aren’t fully alert to our surroundings
- are more likely to overlook a slick spot or torn carpet
- have less ability to react well; our reflexes are less reliable
- are more likely to be distracted or feel frustrated

...can wind up missing activities or events because of injury!

"Fatigue makes fools of us all. It robs you of your skills and your judgement, and it blinds you to creative solutions. It’s the best-conditioned athlete, not the most talented, who generally wins when the going gets tough."

--Harvey Mackay

WAYS TO STAY ALERT

- Take scheduled work breaks—you’ve earned them!
- Energize your mind and body with a walk
- Vary tasks as permissible to alleviate boredom
- Go to bed 15 minutes earlier
- Consult with your doctor or resources below

RESOURCES

LifeMatters EAP - 800-657-3719 - www.mn.gov/EAP

95% of safety incidents include at least one of these common factors

RUSHING  FATIGUE  FRUSTRATION  COMPLACENCY