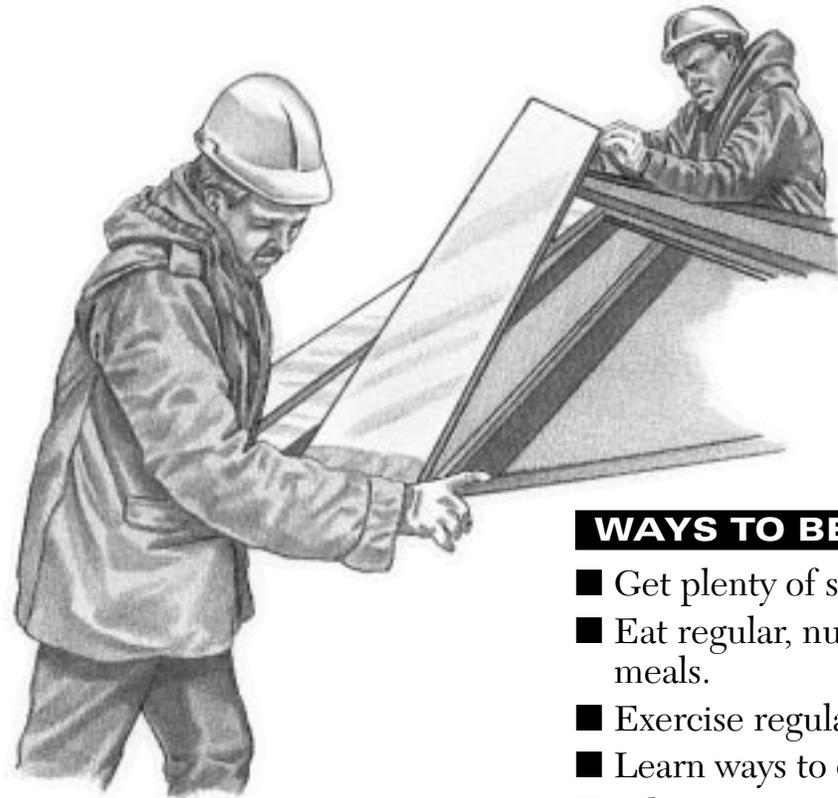


Watch Out for Fatigue

Almost everyone experiences fatigue at one time or another. But on the job, it can endanger you and others by causing you to be inattentive and careless.



CAUSES OF FATIGUE

- ✓ illness
- ✓ stress
- ✓ lack of sleep
- ✓ overwork
- ✓ poor sleeping habits
- ✓ poor nutrition
- ✓ lack of exercise
- ✓ depression
- ✓ worry or anxiety
- ✓ drugs such as alcohol, caffeine, tranquilizers, nicotine, and allergy or cold medications

WAYS TO BEAT FATIGUE

- Get plenty of sleep.
- Eat regular, nutritious, well-balanced meals.
- Exercise regularly.
- Learn ways to cope with stress.
- Adjust your workload if possible.
- Stay away from caffeine, alcohol, nicotine, tranquilizers and allergy and cold medications.
- Find time to relax and do something you enjoy each day.
- If you experience depression, seek help.

SEE YOUR DOCTOR IF YOU:

- have unexplained muscle weakness.
- experience sudden, unplanned weight loss.
- are too tired to do your daily activities.
- don't feel better after several weeks of self-treatment.