

# Fatigue Management

Ensuring work safety can become challenging in the presence of fatigue. Fatigue can lead to forgetfulness, errors, unsafe decisions, and delayed reaction times. Since fatigue has multiple causes, it is crucial to learn preventive measures. Therefore, it is essential to understand how to avoid it.



Eat healthy meals and snacks that provide sustained energy



Take breaks



Regular exercise improves sleep and energy levels.



Talk to your manager if you feel fatigued



Get 7-9 hours of sleep and establish a regular sleep schedule.



Drink plenty of water to stay hydrated and avoid fatigue.



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