



Fatigue – is defined as extreme tiredness resulting from mental or physical exertion or illness. It is important to recognize the state(s) you are in (*fatigued*) and self-trigger to prevent making a critical error to prevent a potential injury.



OCTOBER SAFETY CAMPAIGN!! FATIGUE SAFETY AWARENESS

2019

Fatigue is one of four states which can cause or contribute to critical errors...such as Eyes not on Task...Mind not on Task...inadvertently placing a body part in the hazard Line-of-Fire, or losing Balance, Traction or Grip...which increase the risk of injury. Fatigue can affect physical tasks, mental concentration, and cause a lack of motivation.