

FATIGUE MANAGEMENT



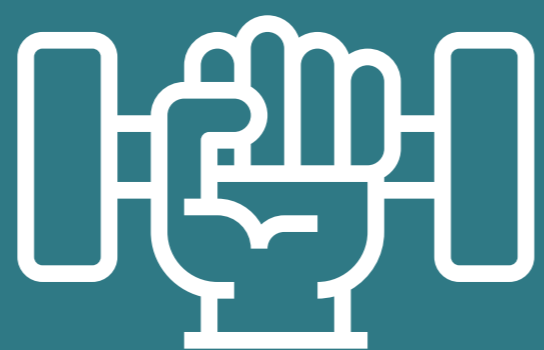
TAKE FREQUENT
BREAKS



GET PLENTY
OF SLEEP



MAKE SURE
TO EAT REGULAR
HEALTHY MEALS



GET PLENTY OF
EXERCISE AND
FRESH AIR

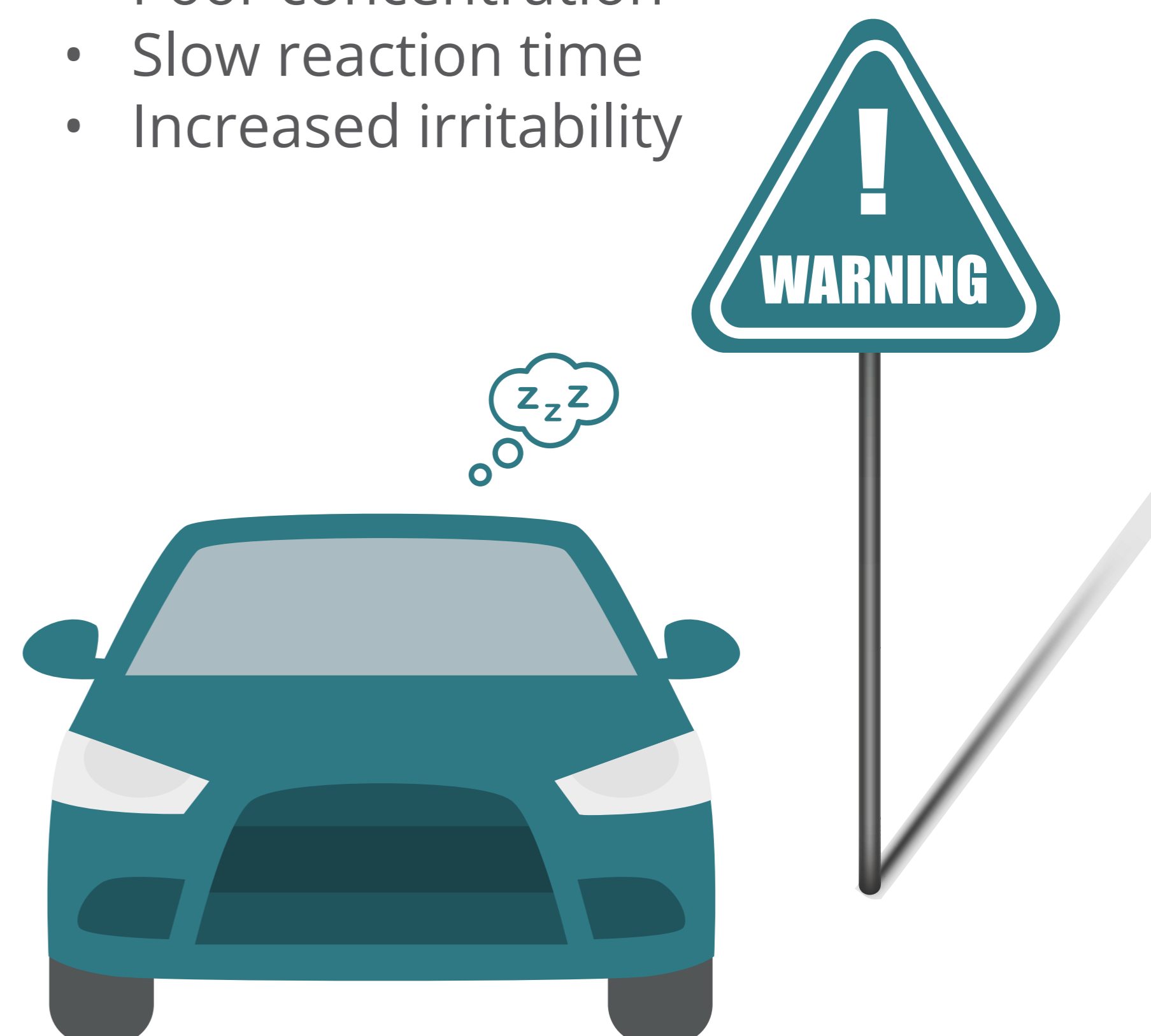


STAY
HYDRATED

Fatigue will affect your alertness, your performance, your health, your mood and most importantly your safety.

Warning signs of fatigue

- Head-nodding, drowsiness
- Inability to keep eyes open
- Constant yawning
- Poor concentration
- Slow reaction time
- Increased irritability



For more information regarding work, health and safety in NSW visit www.hii.au



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