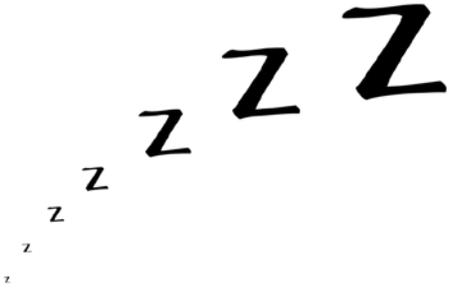


FATIGUE CAN BE RISKY



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

MOVE WELL TO STAY WELL

Walk at appropriate speeds

Test footing before committing weight

Use railings on stairs

Use mirrors at corners

Reduce over-striding

Look before moving

Wear the right footwear

Avoid sudden turns or pivots

Watch for hazards or changes in conditions

...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

StayWell - 855-428-6320 - www.mn.gov/StayWell