AND WORK

Fatigue is the state of feeling very fired, weary or sleepy resulting from insufficient sleep, prolonged mental or physical work. shift work, or extended periods of stress or anxiety.

Boring or repetitive tasks can intensity feelings of fatigue.

repetitive



Section .

ethick.

SIGNS

Staving awake for 24 hours straight affects the human body almost exactly like a blood alcohol level of .10%, which exceeds

Canada's legal limit for drivers.

Impacts of fatigue

DECREASED

- Because making ability
- a adulty to do openious planning.
- a communication skills
- productivity / performance
- a attacking and options.
- e applify he handle too street
- a manney / ability to racal details:

- a bandancy for min-taking
- horpethiness.
- a arrors to bullgament.
- · p.o. time and attractive up.
- a madical costs.
- e appointed rates.

INCREASED

Fatigue is regarded as having an impact on work performance. Most accidents occur when people are more likely to want sleep between midelaht and 6 am, and between 1-3 pm.

- and Personal and Englishment English Committee From Jack State.



in increased risk of occupational many due to writer falligne

Fatigue is increased by...

















Tips for workers







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APPEN strong if you are book, expensely to inchment

THE RESIDENCE WHEN

Advice for employers



Selection. The his probabilism legislang, months

MAT yet backs to elevance repetition in long served of feeting, management work.

THAT and eminutes taking freets

TARE workers on the importance of getting. emough heat and how to authors with the

CONTRACT phones within, and return shifts in the district of the san investor, effection.



Stress Workload And Fatigue

Peter A. Hancock, Paula A. Desmond

Stress Workload And Fatigue:

Unveiling the Magic of Words: A Report on "Stress Workload And Fatigue"

In a global defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their ability to kindle emotions, provoke contemplation, and ignite transformative change is truly awe-inspiring. Enter the realm of "Stress Workload And Fatigue," a mesmerizing literary masterpiece penned by a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve to the book is central themes, examine its distinctive writing style, and assess its profound affect the souls of its readers.

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