

Danger: Fatigue

Each year, 120 highway workers are killed on the job, and thousands more are seriously injured. One major cause of these accidents is fatigue. Fatigue makes you careless, distracted, slower to react and forgetful—much like excessive drinking.

**ALERT
&ALIVE**

RESPAWNING IS **NOT** AN OPTION

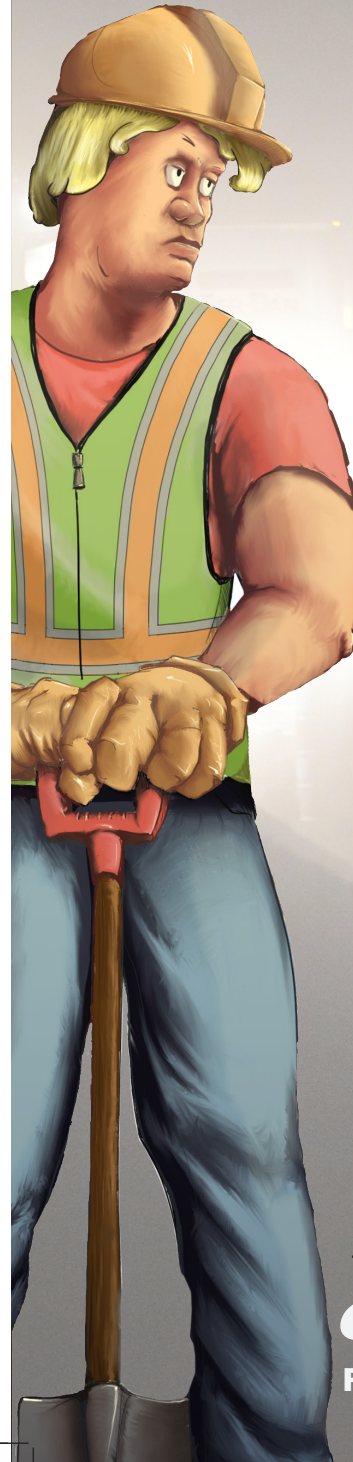


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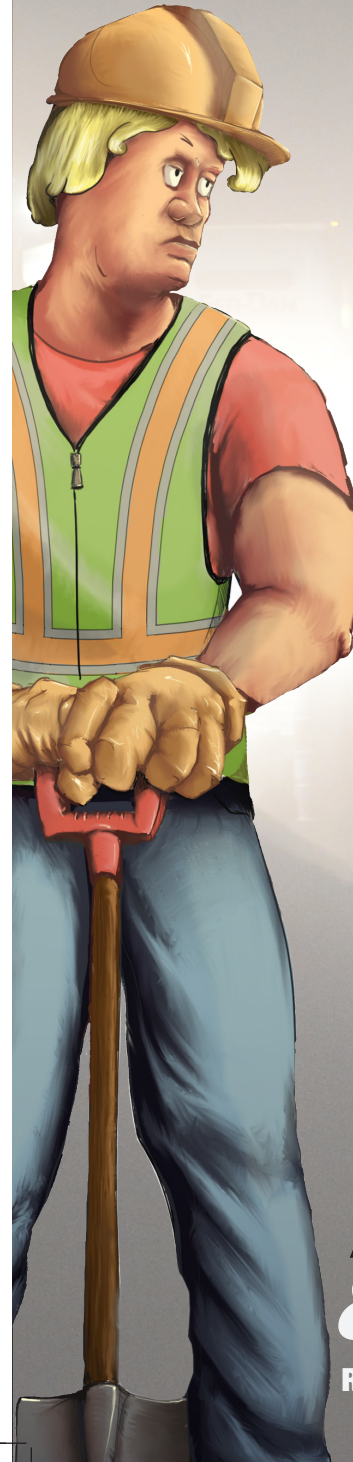


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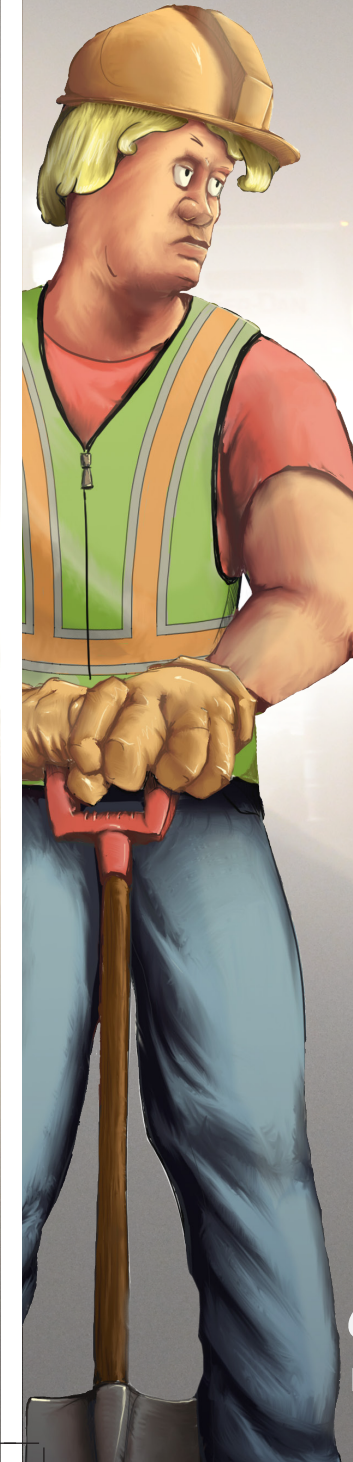


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You wouldn't show up to a dangerous job site drunk, so don't show up fatigued either! Counter fatigue through these tips:

1. Get Adequate Sleep.

- Be sure to get two full nights (7 hours each) before working the night shift.
- If intermittent day and night work shifts are required, establish a 4-hour anchor sleep time each 24-hour period and supplement with naps.

2. Take Naps.

- The best naps are 10–12 minutes long. Perfect for during lunch breaks.
- Long naps (2 hours) in the mid-afternoon prior to the night shift help reduce sleep debts.

3. Take Care of Your Health.

- Make exercise/stretching part of the daily routine.
- Stay hydrated with water.

4. Keep Looking Out for Others.

- Watch for signs of fatigue in others.
- Report unsafe behavior of a co-worker to a supervisor. Remember that lives are on the line.

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