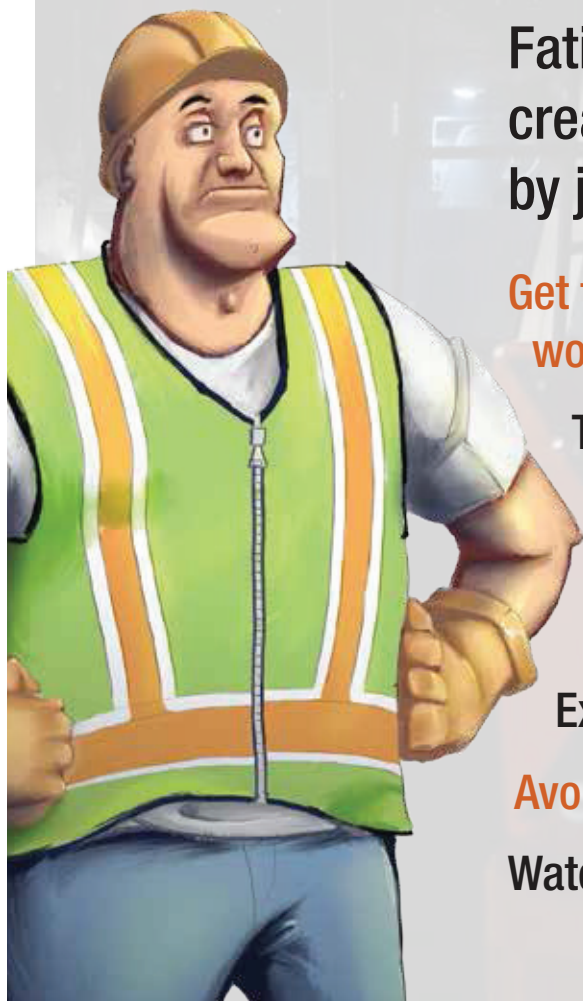


# FATIGUE + LARGE EQUIPMENT = NOTHING GOOD



Fatigue built up over several days creates a sleep debt that can't be fixed by just sleeping longer one time.

Get two full nights (7 hours each) before working the night shift.

Take short naps (10–15 minutes).

Establish a 4-hour anchor sleep time when you have to change between day and night shifts often.

Exercise/stretch.

Avoid high sugar foods and drinks.

Watch your team's backs.

