

How can you tell if someone is fatigued?

Signs & symptoms of fatigue

Mood	<ul style="list-style-type: none"> • More irritable than usual • Uncommunicative • Easily frustrated by tasks • Doesn't care – disengaged • Repeatedly arriving late for work • Increased in absenteeism
Alertness / Sleepiness	<ul style="list-style-type: none"> • Looks tired • Yawns a lot • Has micro sleeps • Behaves “automatically” • Slurs speech • Rubs eyes
Task Performance	<ul style="list-style-type: none"> • Takes unusual risks • Cuts corners to get the job done • Shows poor judgement of distance, time or speed • Is clumsy • Does things in the wrong order • Doesn't complete tasks • Forgets recent information or discussions • Moves slowly – lacks energy • Reverts to old habits • Responds slowly to situations • Does not think logically • Makes mistakes • Short term memory problems & an inability to concentrate • Poor decision making & judgment
Focus	<ul style="list-style-type: none"> • Preoccupied with parts of a problem • Loses the big picture • Misses warning signs • Unable to stay focused on a task • Has a fixed gaze • Reports blurred vision • Fails to interpret a situation correctly