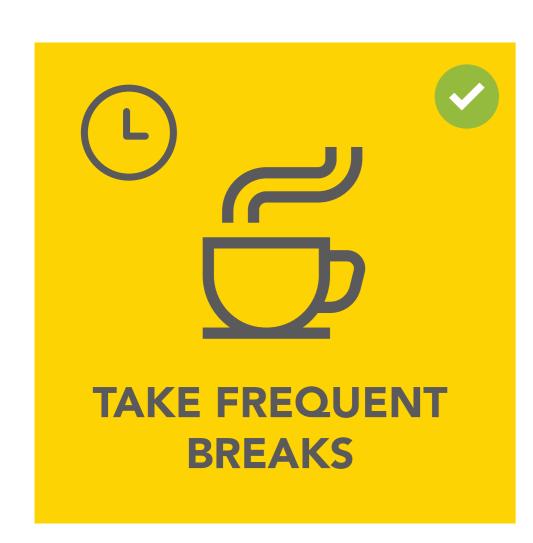
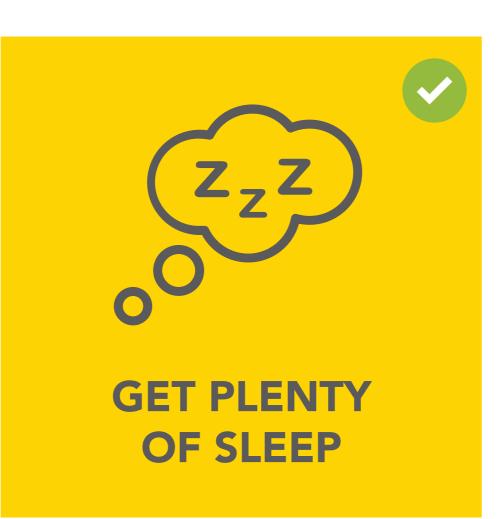
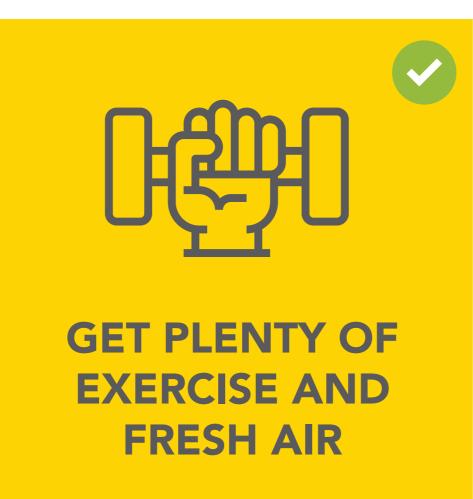
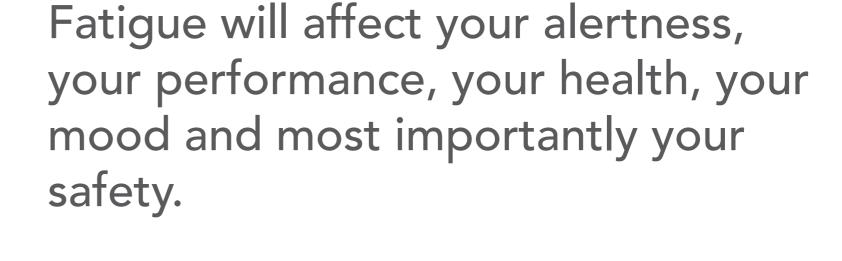
Fatigue Management





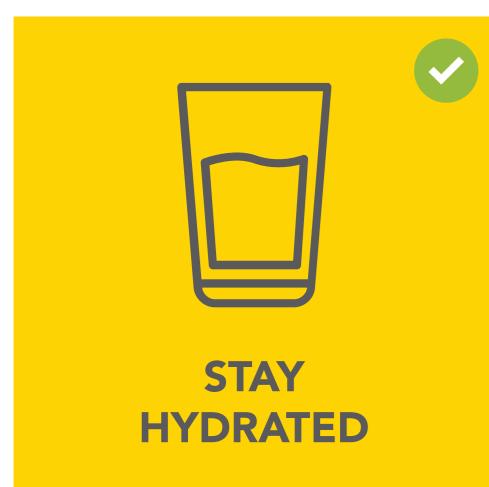






Warning signs of fatigue

- Head-nodding, drowsiness
- Inability to keep eyes open
- Constant yawning
- Poor concentration
- Slow reaction time
- Increased irritability







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