

Managing Fatigue

Fatigue in the workplace is a significant concern as it can impact safety and productivity.

Chronic fatigue can contribute to long-term health problems like cardiovascular disease, diabetes, and mental health issues.



Here are some tips to help manage fatigue at work:

Take regular breaks during work hours. Short, frequent breaks are often more effective than longer, less frequent ones, and can help you stay focused and keep your mind on task.



Eat a balanced diet rich in vegetables, fruits, lean proteins, and whole grains. Drinking excessive caffeine may temporarily seem to help but can lead to energy crashes and should be avoided.

Find a regular physical activity you enjoy such as walking or cycling, which can boost energy levels and improve overall health.



It's also important to recognize when fatigue may be more than feeling tired once in a while. If you feel as if your fatigue is affecting your daily life, it may be a sign of an underlying health condition, and you should discuss it with a healthcare professional.

"Safety is a core value and business priority"