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## Guidelines for Monitoring and Enhancing Recovery from Accumulated Fatigue

This section summarizes basic guidelines crew leaders can use to identify signs of accumulated fatigue. Visible symptoms that an individual is not recovering adequately from daily stresses vary and depend on the individual. Crew leaders should pay attention to individuals who complain about or manifest two or more of the following signs, especially when the crew has been exposed to situations that can increase the risk of accumulated fatigue. In addition, the field tests described below may prove helpful in situations where leaders expect fatigue to be excessive.

Many of the symptoms of accumulated fatigue, when viewed independently of other symptoms, may not indicate accumulated fatigue. When multiple symptoms occur simultaneously, crew leaders should take appropriate actions to reduce stress and enhance recovery for the crewmembers who are affected, or for the entire crew.

The symptoms of accumulated fatigue include:

- Loss of body weight
- Decreased appetite
- An increase in resting heart rate
- An increase in submaximal heart rate at a fixed work load
- Perception that standard work tasks are more difficult
- Small (to large) losses in coordination and the ability to do tasks requiring coordination
- Muscle soreness that lasts more than 24 hours
- Increase in upper respiratory tract infections such as colds or flu
- Decreased cognitive function
- Constipation or diarrhea
- A change in moods that may include irritability or decreased motivation or desire

Crew leaders should know and apply measures to enhance recovery from accumulated fatigue. The basic measures include:

- Increased sleep in an environment conducive to sleep
- Reduced duration and frequency of physical work (possible change of duty the following day)
- Adequate supplemental nutrition and fluids during and immediately after physical work
- A high carbohydrate diet
- Monitoring the individuals for recovery

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