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## Signs of Fatigue

- Poor and careless performance
- Greater tolerance for error
- More difficulty concentrating and thinking clearly
- Inattention to minor but potentially important details
- Increased lapses of attention
- Increased irritability
- Decreased motivation
- Slow reaction time
- Impaired communication and cooperation, particularly when working as a crew
- Complaints of headache, stomach, or other problems
- Feelings of depression
- Poor morale
- Loss of appetite
- Weight loss

While there is no substitute for adequate sleep, rest, or time off, crew leaders can employ some short-term counter-measures to minimize the hazards presented by fatigued workers.

### Recommendations to Minimize Fatigue: Fatigue Counter-measures

- Ensure that workers are adequately rested before they begin a work shift.
- Slow the work pace to a moderate level on physically demanding tasks.
- Provide periodic rest breaks to allow physical and mental recovery.
- Alternate between heavy and light tasks.
- Change assignments to prevent boredom.
- Provide breaks, naps, or time off after tasks have been completed.
- Provide nutritional food before, during, and after work.
- Provide energy supplements between meals.
- Provide fluid energy supplementation and make certain it is used.
- Ensure that workers maintain good personal hygiene.
- Maintain high standards of physical fitness and work capacity.

*Adapted from Countermeasure. 1998. Army Group Risk Management Publication (19 : 6) and material published in the U.S. Army Crew Endurance Leaders Guide. 1997.*

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