

## HOW YOU CAN TELL IF SOMEONE IS FATIGUED

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

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**Head for Business Heart for People**