



→ **WHEN YOUR BATTERY RUNS LOW **
PUT YOURSELF ON CHARGE ←

SITTING DOWN FOR AN HOUR WILL ONLY TAKE THE EDGE OFF THERE'S
NO SUBSTITUTE FOR REST

The best way to avoid putting yourself or others in dangerous situations due to fatigue, is by getting enough sleep or giving yourself a long enough rest. A caffeine drink or a nap is a short-term solution that will only allow you to keep going for a short time but does not get rid of the symptoms. If you know you have work, make sure you get enough sleep before you start.

**FATIGUE
KILLS**