

# FATIGUE MANAGEMENT

Fatigue will affect your alertness, your performance, your health, your mood and **your safety.**

- GET PLENTY OF **SLEEP**
- TAKE FREQUENT **BREAKS**
- EAT REGULAR **HEALTHY MEALS**
- STAY **HYDRATED**
- **EXERCISE** AND GET PLENTY OF **FRESH AIR**

## WARNING SIGNS OF FATIGUE

- Inability to keep eyes open
- Poor concentration
- Drowsiness, head-nodding
- Slow reaction time
- Increased irritability
- Constant yawning



# Fatigue Management Guide

**Lingsheng Yao**



## **Fatigue Management Guide:**

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web song scene 2 scene 3 king where is harold everyone where is harold x 3 times queen he is looking for a real princess to marry everyone real princess x 3 king he will never find one queen no he will never find a real princess narrator 1 harold is writing letters everyone chant

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web jul 25 2008 the princess and the pea characters princess queen prince maiden guion setting at the palace act 1 in the

living room queen why are you sad my dear son prince i m not happy mother i want to get married but i haven t found a real princess

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