

Weekly Safety Tip

RUNNING ON EMPTY!

Fatigue is a safety concern year round, however summer often finds us more tired than usual. Longer daylight hours and additional activities all come at the expense of quality rest and sleep. Even after an enjoyable and much needed vacation you are likely to feel tired and will find it difficult to get back into the work routine. For whatever reason, if you are tired you are at a greater risk for errors and accidents.

Fatigue Fighters:

- Good diet: Stay energized with highly nutritious foods such as fruits, vegetables, whole grains and low-fat protein foods such as beans. Avoid fast food and low nutrition foods laden with fat and sugar because they use valuable energy to digest and provide little usable energy in return.
- Water, water, water: Make water your beverage of choice and drink plenty of water every day. Dehydration makes you tired.
- Move it - move it: Regular exercise improves circulation and supplies your body tissues with oxygen which helps keep you alert. Use your breaks and free time to stretch and move around. Engage in some sort of physical activity instead of watching television.
- Sleep: Most adults need 7 to 8 hours of uninterrupted sleep to maintain health and to remain alert during the day. Keep your sleeping area cool and quiet.
- Mental health: Maintain a positive attitude. Handle the problems you can do something about and don't worry about the rest. You can't do everything so concentrate on the most important responsibilities and interests in your life.

You owe it to yourself to get enough rest to stay healthy and to fight fatigue. Being too tired can hurt or kill you, or somebody else if it leads to an accident. Stay alert! Stay safe!

