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## Fatigue Management– Managers

When you hear Fatigue Management you often think it is just for employees only, but managers are also employees of the company, and a loss of judgement can lead to serious implications and improper decision making abilities.

To overcome fatigue for managers, the following must be adhere to:

- Schedule time to take regular fatigue breaks
- Brighten up your office environment – dark spaces can lead to fatigue
- Eat healthy foods and stay hydrated – caffeine intake increases fatigue
- Get enough sleep at least 6-8 hours. Keep to the normal office hours
- Ensure leave is taken when leave is due, and delegate duties whilst on leave

A WELL RESTED MANAGER IS A PRODUCTIVE MANAGER