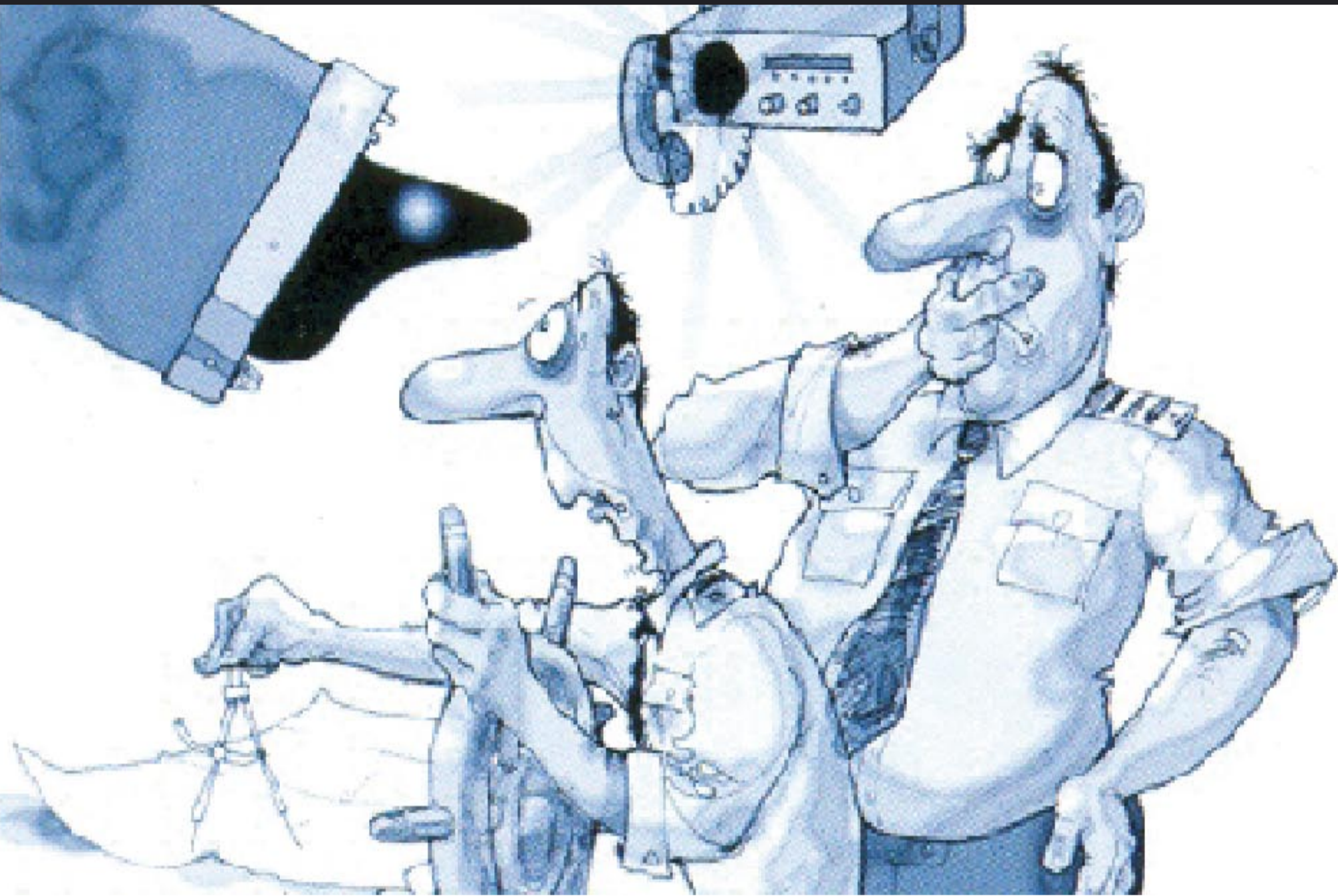


# WAKE UP TO FATIGUE



- Easily irritated
- Tired and stressed
- Yawning
- Falling asleep
- Limited concentration
- Slurred speech
- Rubbing your eyes
- Blurred vision
- Over worked
- Can't be bothered

## RECOGNISE THE SIGNS... ACT NOW

Reduced safety due to fatigue will increase the risk of accidents that may lead to loss of life, environmental damage and huge economic cost

**For more information contact:**

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