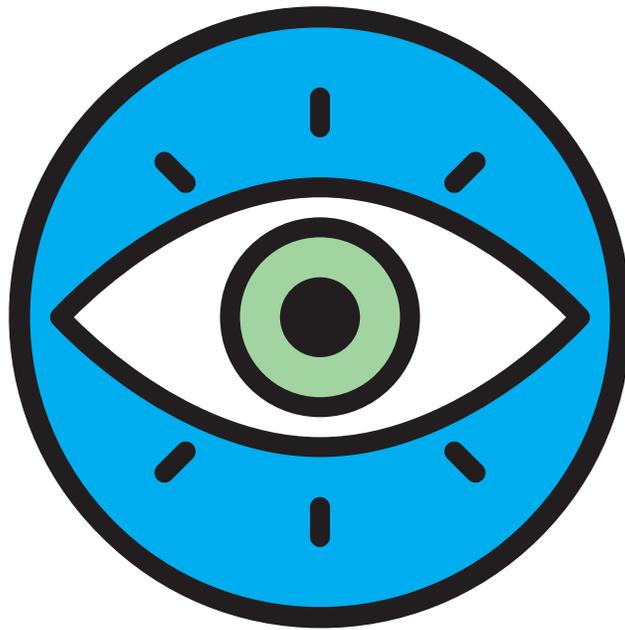


Fatigue can affect your alertness, performance, health, and the safety of those around you.



FATIGUE RISK MANAGEMENT

Tips for mitigating the effects of fatigue:

- ✓ Get DAILY ADEQUATE REST (power naps count)
- ✓ Track WORK HOURS
- ✓ Assess your ALERTNESS
- ✓ Take FREQUENT BREAKS
- ✓ Use CAFFEINE strategically

Have fatigue risk management questions?

Contact support@pulsarinformatics.com

