****

|  |  |  |
| --- | --- | --- |
| **Signs of Fatigue****Physical signs** * Repeated yawning
* Rubbing eyes
* Staring blankly, eyes going in and out of focus
* Frequent/long blinks
* Difficulty keeping eyes open
* Head nodding

**Negative mood*** Reduced tolerance for what is going on around us.
* Become irritable and are more easily frustrated.
* Lethargic and lacking in initiative and motivation.
* Reduced willingness to interact with others.

**Reduced communication*** Reduced willingness and ability to communicate
* Less descriptive language
* May neglect to pass on important information to colleagues

**Slips and /or lapses*** Slips – i.e. accidentally doing the wrong thing e.g. picking up the wrong tool
* Lapse – i.e. accidentally not doing the right thing e.g. forgetting to tighten a nut
 |  | **Poor memory*** Impairs short-term memory so we forget what we have and have not done
* Cannot recall recent conversations or information read

**Reduced attention*** Difficulty dividing our attention appropriately between multiple tasks
* Hard to plan for future actions
* Concentration lapses
* Easily distracted from the task in hand
* Become fixated on one particular task (‘narrowing of focus’/cognitive tunnelling’) so too much attention or insufficient attention is paid to peripheral events and auxiliary tasks

**Impaired problem solving*** Disruption of problem solving processes
	+ Identification & evaluation of alternative courses of action
	+ Construction of mental images
	+ Integration of incoming information with existing knowledge
* Persevere with ineffective solutions

**Increased risk taking*** Reduced ability to assess risks
* Increased willingness to take risks
* More likely to cut corners
* Accept lower standards in accuracy and performance
 |