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| **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 |