Fatigue & Recovery – How do you Spend R&R?

Fatigue without adequate recovery

• reduced work capacity
• reduced performance, such as a reduced ability to do task or job
• weight loss (muscle loss)
• Injury (muscle, tendon, ligament, etc.)
• reduced physical coordination
• increased risk acute illness (cold / flu)

What are your habits around eating, drinking, working, and sleeping? Do they contribute to healthy recovery between assignments?

More Resources

Follow the QR code for access the 6 Minutes for Safety on Fatigue and Stress information

Fatigue & Stress | NWCG

https://www.nwcg.gov/committee/6mfs/fatigue-stress