



# 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)

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