

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)



**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)

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