

## 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)









Reduced **Physical** Work Injury Capacity Slowed Muscle Immune System Reaction Compromise Loss Time Reduced Acute Inadequate **Physical** Illness Muscle Coordination Recovery

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

