



How Can I Reduce Fatigue?

Whether you are an equipment operator or a truck driver fatigue can set in during your day. When fatigued and distracted, the consequences can be costly, even fatal. One of the most dangerous aspects of fatigue is that it's very difficult to self-diagnose. By the time you realize you are fatigued, an accident may already have happened.

Here's ways to help you avoid it!

- *Maintain good body position in your machine or truck.*
- **Take time for a quick stretch and muscle relaxation several times a day.**
- **Build breaks into your day to move around or complete tasks that require movement.**

1) **GOOD WORKING POSTURE is CRITICAL**— It is important to maintain good body position while in the machine or truck. Adjust the seat, arm rests, and controls to fit you.

Stick to these basic guidelines to help:

- **Keep your shoulders and arms as straight and relaxed as possible.**
- **Keep your wrists straight when possible.**
- **Avoid leaning forward or to the side in your seat for extended periods of time.**
- **Sit back in your seat, so that your lower back and thighs are supported.**
- **Feet should be flat on the floor without any pressure points on the underside of thighs or calves.**

2) **MUSCLE RELAXATION & STRETCHING is KEY**— Relax your arms and hands for a few seconds every few minutes to relieve muscle tension. **STRETCH!** Stretching can relieve fatigue. Ease into stretches. Try back extensions, wrist & forearm stretches, shoulder rotations, bridge stretch, and shoulder across stretch for starters.

3) **BREAKS are NECESSARY** —Build short breaks into your day. Get out of your machine or truck and **MOVE**, Don't just sit down on your break! If you have tasks that require moving around plan them throughout your work day, to get moving!



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