



TOOLBOX TALK



TOPIC DISCUSSED:

MANAGE FATIGUE IN THE MORNING



Waking up in the mornings can be a difficult task, especially if you're feeling drained and fatigued. Fatigue can affect the quality of your work and health. Managing fatigue in the morning is crucial for our safety and productivity. By incorporating these strategies into our daily routine, we can start our day with more energy and focus.



QUESTIONS:

1. Does anyone have additional tips for managing morning fatigue?
2. Have you noticed any particular habits that help you feel more energised in the morning?
3. Name a few habits you can avoid to manage fatigue.

TAKE A LOOK AT THE FOLLOWING:

STRATEGIES TO MANAGE FATIGUE



GET ENOUGH SLEEP



HYDRATE



EXERCISE



LIMIT CAFFEINE

Managing fatigue is essential for maintaining both physical and mental well-being.



MANAGE STRESS



EAT A BALANCED BREAKFAST



JOURNAL



TAKE BREAKS

TIPS FOR STAYING ALERT:



USE NATURAL LIGHT

STAY ORGANISED



STIMULATING ACTIVITIES



SIGNS OF FATIGUE:



FEELING DROWSY



CAN'T CONCENTRATE

WHY MORNING FATIGUE HAPPENS:



DEHYDRATION



POOR SLEEP QUALITY



CIRCADIAN RHYTHMS



POOR NUTRITION



NO PHYSICAL ACTIVITY

OTHER CAUSES



MEDICATIONS



ELECTRONIC DEVICES



ALCOHOL



MEDICAL CONDITIONS



MOOD CHANGES



SLOWER REACTION

