

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

