### Wake up to fatigue

**What was that thing I was meant to be doing?**

**Getting some sleep, son.**

### Are you experiencing any of these signs?

**MOODY**
- Feeling grumpy
- Not saying much
- Getting frustrated
- Not caring

**DISTRACTED**
- Stuck on one part of a problem
- Can’t stay focused
- Can’t make sense of a situation
- Can’t finish tasks
- Forgetting things

**UNPRODUCTIVE**
- Cutting corners to get things done
- Can’t properly judge distance, time or speed
- Doing things in the wrong order
- Can’t think logically
- Making mistakes

**TIRED**
- Yawning a lot
- Nodding off
- Slurring speech
- Got sore eyes or blurry vision
- Feeling clumsy or slow

### Do these risks ring alarm bells?

- Been awake for more than 16 hours
- Short of sleep
- Slept badly
- Are working alone in the early morning hours
- Feel exhausted

Be aware that it’s possible to both look and feel alert when being at risk of falling asleep. If **two or more of these risk factors ring true**, you’re fatigued and at risk of falling asleep.

### ACT NOW!

Tell another crew member

Get some sleep (ideally around 2 hours — including at least 15 minutes to wake up)

Drink some water

Eat a light meal or snack

Do a job with minimum risk

### SAFETY = MOSS + HSWA

For tips on safe fishing go to

Safe crews fish more