

Are you feeling sleepy?

Take It Ezzzy



Fatigue can cause a vast range of physical, mental and emotional symptoms including:

- Difficulty concentrating
- Trouble focussing with eyes
- Poor hand eye coordination
- Feeling sluggish or tired
- Excessive blinking
- Constant yawning
- Headache
- Reduced immune system function
- Appetite loss
- Short term memory problems
- Dizziness
- Sore or aching muscles
- Muscle weakness
- Slowed reflexes and responses
- Irritability
- Low motivation

Always consult a GP if you are experiencing disturbed sleep patterns.
You can also get in touch with your site health and safety advisor for advice.



pilbara health

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