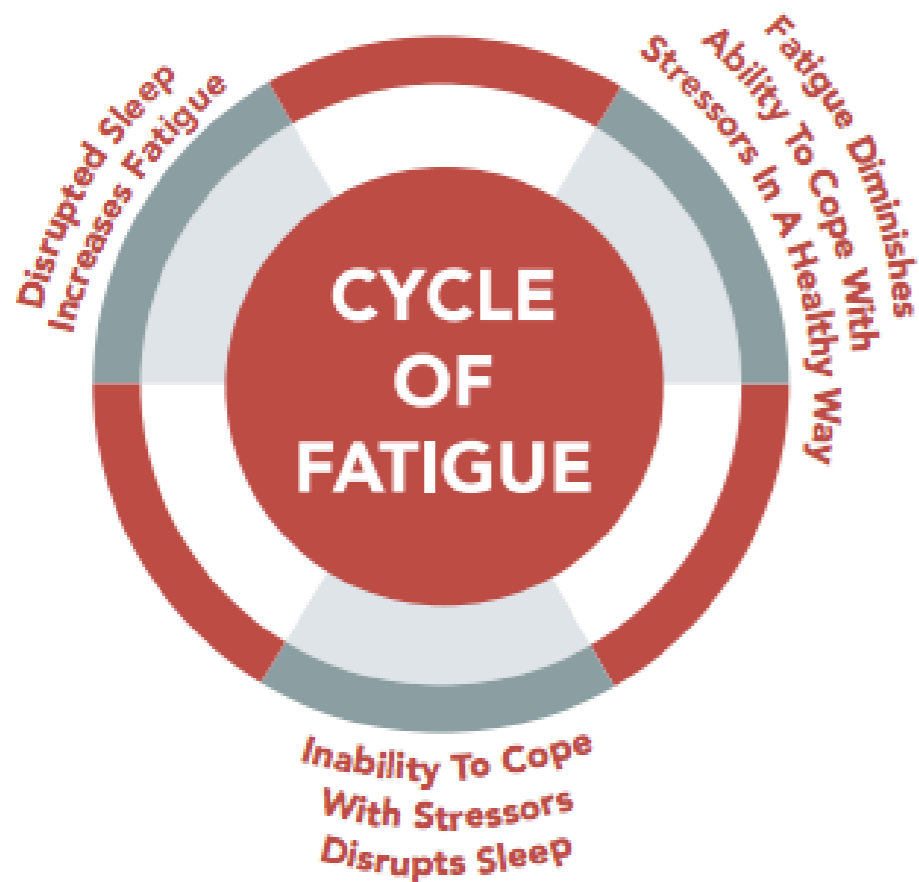


HOW DOES FATIGUE AFFECT SAFETY ?



A recent study has found that the risk of accidents increased exponentially beyond the eight and ninth hour at work. Decreased performance associated with fatigue and sleep deprivation resulting in decreased accuracy of performance, increased time required to complete a task, longer reaction times and impairments in anticipation, planning and judgement.

