



CAUTION!



OVERTIME CAN LEAD TO WORKING DROWSY



Awake for 17 hrs +
=
Legally Drunk Performance
(BAC = 0.05–0.10)

2 hrs of Sleep Loss =

Performance

Errors



Limit your overtime



Watch for signs of drowsiness in each other



Take frequent breaks to combat fatigue



Perform tedious tasks early in shift

FOR MORE INFORMATION, GO TO:
MXFATIGUE.COM OR HFSKYWAY.FAA.GOV



Federal Aviation
Administration