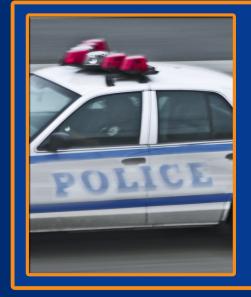


OVERTIME CAN LEAD TO WORKING DROWSY



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

