

WHICH ONE ARE YOU?



DANGEROUS

- WORKS EXCESSIVE HOURS
- NEGLECTS SLEEP
- DRINKS ALCOHOL TO FALL ASLEEP
- DOESN'T EXERCISE
- FEELS TIRED AND GRUMPY
- DRIVES DROWSY
- EATS JUNK FOOD



SAFE

- AVOIDS MULTIPLE SHIFTS AND EXTENDED HOURS
- GETS 7-9 HOURS OF SLEEP
- IS ACTIVE DURING BREAKS
- WORKS WITH OTHERS TO STAY ALERT
- TAKES A NAP BEFORE A LONG COMMUTE HOME
- PACKS A HEALTHY LUNCH

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



**Federal Aviation
Administration**