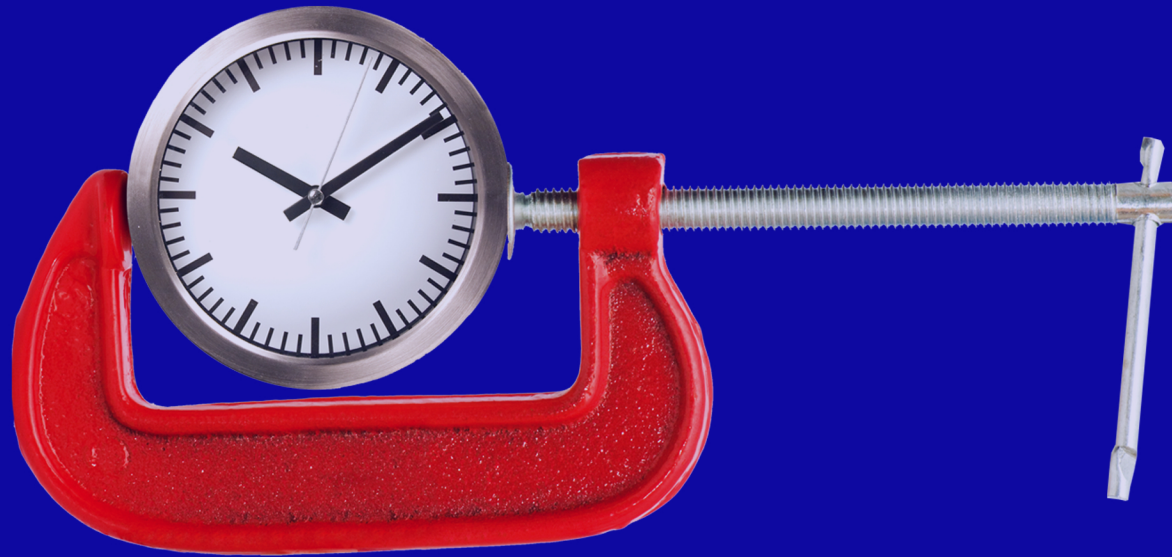


PRESSURE!

You can't stop time...



...but, you can manage the
PRESSURE

PRESSURE + FATIGUE = ↑ ERRORS

- Alternate between easier and challenging tasks -
- Take a mental break, get some fresh air -
- Focus on the task, not the time -
- Let others know if you are working fatigued -

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



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