



ARE YOU **FIT TO FIX?**

Fatigue affects everyone and their performance.

At home, ensure you're doing your *best* to get enough *rest*:

- plan your transition to days off
- create a comfortable sleep environment
- develop a sleep schedule that works for you.

Learn more tips on managing fatigue at home and in the hangar.

See our Safety Behaviours: Human Factors for Engineers resource kit. It includes videos and other useful resources.

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