



Fight Fatigue, Prevent Mistakes

Fatigue and complacency are hidden dangers in work zones. Long hours and repetitive tasks can reduce alertness and reaction time, increasing the risk of mistakes. Take scheduled breaks, stay hydrated, and watch out for signs of fatigue in yourself and your coworkers. Safety is a shared responsibility—if something feels off, speak up. Staying mentally and physically sharp helps ensure everyone goes home safely at the end of the day.