

## Recognizing Fatigue!

On the farm, the side effects of a busy farming season, often working long hours, not having time to unwind, and then having problems getting to sleep when you do get to bed is **FATIGUE!**

You think to yourself you just have to make it to the end of the season or busy period and you can rest up, but it may not be that easy if a piece of machinery breaks, a storm rolls in, or another event that requires your full attention on the farm happens.

How do you recognize fatigue? What do you do to keep yourself going?

Is “just making do” a good habit? Perhaps whether you are seasonal or a year-round farming operation, establishing a **Fatigue at Risk Management System (FARM)** is good practice.

How to recognize whether you should implement a **FARM** or part of a **FARM**:

1. Continuously yawning.
2. Nodding off.
3. Head bobbing.
4. Continuous eye rubbing.
5. Sneaking in a cat nap whenever you can.
6. Inability to concentrate on tasks.
7. Difficulty remembering things which came easy to you before.
8. Forgetting to relay messages or communicate regularly.
9. Unable to anticipate hazards.
10. Increase in incidents and injuries.
11. Increase in work errors and poor-quality work.
12. Quiet and withdrawn.
13. Lacking good energy levels.
14. Unmotivated.

Consuming caffeine may be one strategy to combat fatigue in the short term, but is this a long-term solution?

Should caffeine be included in **FARM**?