Do they feel SLEEPY?

Has it been a LONG shift?*

Are they relying on caffeine or ENERGY drinks to stay awake?

Do they need a POWER nap?

Do they look TIRED? Are they finding it hard to concentrate?

If the answer to any of these is “YES”
Take Action! Don’t let them NOD off!

NAP before driving home; miss rush hour & feel more alert.

Are there OTHER ways to get home than driving? Train, taxi, bus, tram, walk, get a lift?

DRIVING when tired is DANGEROUS!

*Remember to EXCEPTION REPORT in England, if the work schedule has been breached.

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