

# SOURCES OF FATIGUE



**WE ALL EXPERIENCE FATIGUE.** AS A RESULT, WE ALL HAVE A RESPONSIBILITY IN MANAGING AND MITIGATING FATIGUE FOR OURSELVES AND IN OTHERS. THERE ARE MANY SOURCES OF FATIGUE BUT 3 MAIN CATEGORIES INCLUDE **PHYSIOLOGICAL, BEHAVIORAL AND OPERATIONAL.**

For more information, go to [www.cat.com/minestar](http://www.cat.com/minestar) or contact your local dealer.

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**PHYSIOLOGICAL** INCLUDE OUR PERSONAL SLEEP PROFILE (MORNING VS EVENING), TIME OF DAY ON OUR CIRCADIAN CLOCK AND MEDICAL ISSUES LIKE SLEEP APNEA.

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**BEHAVIORAL** REPRESENT LARGELY THE CHOICES WE MAKE.  
CHOICES ABOUT SLEEP, DIET, EXERCISE AND OUR NOT AT WORK ACTIVITIES.

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**OPERATIONAL** TRIGGERS INCLUDE THINGS LIKE OUR SHIFT SCHEDULES, POLICIES ABOUT WORK AND REST, THE WORK ENVIRONMENT AND WORKLOAD.

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**ALL OF THESE PLAY TOGETHER TO DETERMINE OUR PERSONAL  
FATIGUE AND ALERTNESS AT ANY GIVEN MOMENT.**

## **PHYSIOLOGICAL**

- Sleep Profile
- Medical
- Time of Day
- Genetics

## **BEHAVIORAL**

- Diet
- Sleep Priority
- Exercise
- Not at work activities

## **OPERATIONAL**

- Schedules
- Time on Task
- Policies/Procedures
- Workplace Design

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