



BC Forest Safety

Safety is **good** business

HEALTH AWARENESS: FATIGUE & SLEEP HEALTH

- **FATIGUE AFFECTS YOUR HEALTH, MOOD AND ABILITY TO CONCENTRATE. IT ALSO AFFECTS YOUR ABILITY TO MAKE GOOD DECISIONS AND REACT QUICKLY.**
- **TAKE ACTIONS TO MAKE SLEEP A PRIORITY AND ENSURE YOUR SLEEP QUALITY IS AS HIGH AS POSSIBLE.**
- **DO YOU SNORE? ARE YOU OVERWEIGHT? DO YOU HAVE TROUBLE SLEEPING? IF YES, THEN GET TESTED FOR SLEEP APNEA AND USE AVAILABLE TREATMENTS IF YOU TEST POSITIVE. YOUR LIFE AND THE LIVES OF OTHERS DEPEND ON IT.**
- **DEVELOP A PRE-BEDTIME RITUAL TO HELP CLEAR YOUR MIND AND RELAX.**