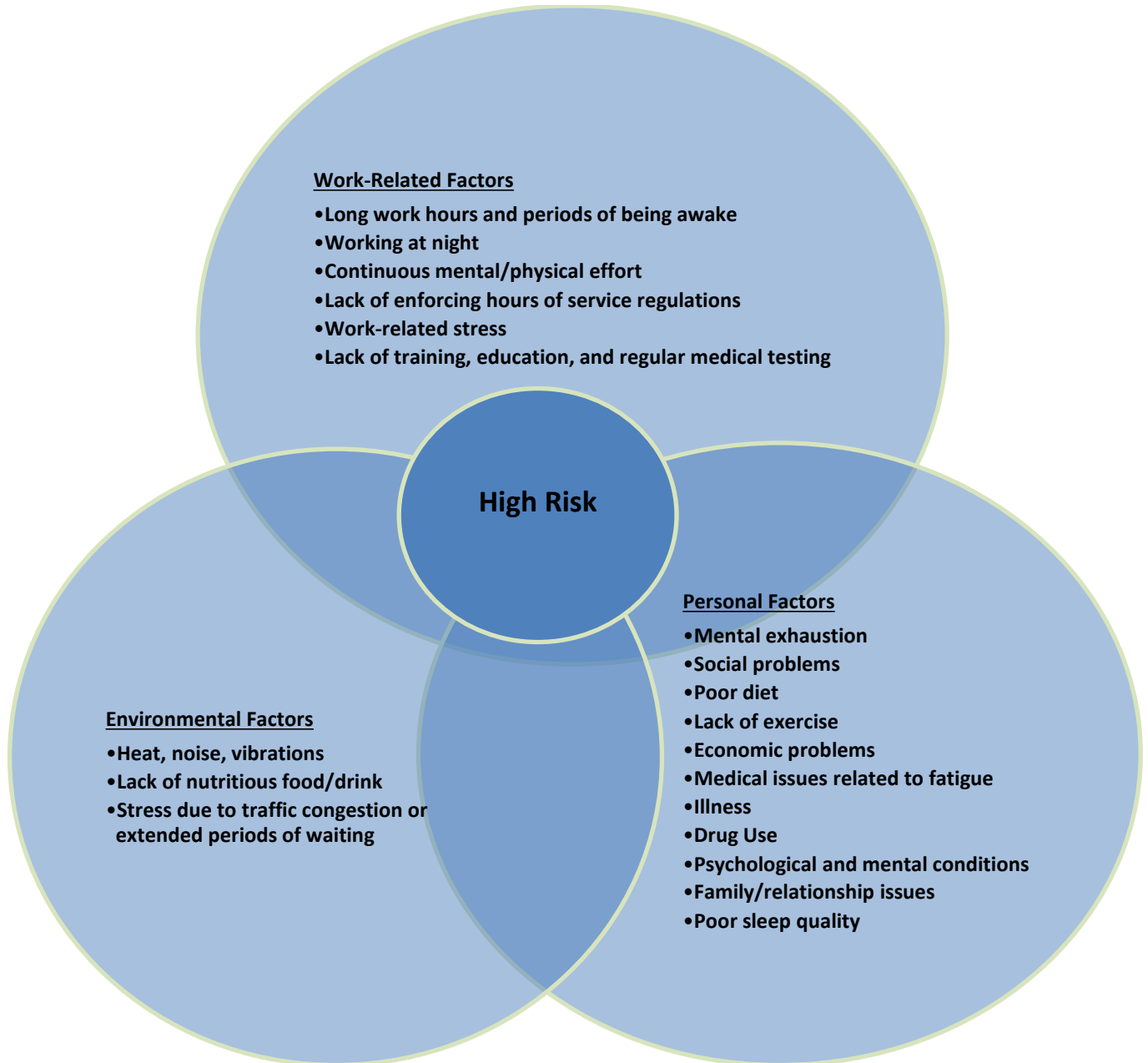


## Factors of Fatigue

Fatigue is a complex issue that can result from increased hours of work, work-related stress, time spent driving, night shift driving, and other activities of the workplace. Fatigue can also be caused by issues outside of the workplace, including personal and environmental factors.

Fatigue is associated with reduced alertness and drowsiness which impairs both the ability and willingness to perform. Being awake for 17 hours can impair mental tasks in a similar way as having a blood alcohol concentration of 0.05 percent (Fourie et al., September 2010).



(Fourie et al., September 2010)