



Flourish
at Newcastle Hospitals



Fatigue Tool

Make sure your colleagues get home safely
#SleepWell

**S
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T**

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!

**N
O
D**

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**!



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