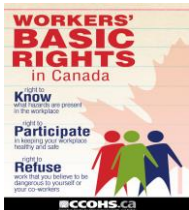


NU Monthly Safety Newsletter

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Rights of workers

1. The right to know about health and safety matters.
2. The right to participate in decisions that could affect their health and safety.
3. The right to refuse work that could affect their health and safety and that of others.



Tips on how to prevent Fatigue:

- Stay hydrated
- Get quality sleep
- Take breaks between tasks
- Work in proper lighting environment.
- Stay active.
- Use the proper equipment while working.
- Exercise and get some fresh air when you can.
- Avoid skipping meals.



Common Symptoms of Fatigue:

- Weakness
- Lack of energy
- Constant tiredness and exhaustion
- Lack of motivation
- Difficulty starting and completing task
- Headache
- Dizziness
- Muscle weakness
- Appetite loss
- Reduced immune system function
- Sore muscle

An infographic titled "Tips for Treating Fatigue" featuring a central illustration of a person in a blue striped shirt lying in bed, looking exhausted. Surrounding this are several icons and text boxes: a blue pillow with "Get enough sleep", a person meditating with "Practice relaxation activities", a water bottle with "Stay hydrated", a bowl of fruit with "Eat healthy foods", a blue dumbbell with "Exercise regularly", a person with a lightning bolt and "Avoid known stressors", and a pink book labeled "PLANNER" with "Don't overbook yourself professionally and socially".