

GET THE FACTS ON fatigue



**How fatigue affects
the way you play.**



GameSense

WHEN IT COMES TO FATIGUE, YOUR decision making WILL BE AT RISK.

What is fatigue?

Fatigue refers to mental or physical exhaustion that stops a person from being able to function normally.

Fatigue is caused by prolonged periods of physical and/or mental exertion without enough time to rest and recover.

Factors that create fatigue:

- Spending long periods of time awake
- Having an inadequate amount and/or quality of sleep over an extended period

Signs fatigue is affecting you

- Decreased alertness
- Slowed reaction time
- High error rate
- Failure to respond
- Poor communication
- Nodding off
- Impaired judgment
- Poor decision making
- Reduced short-term memory
- Increased tendency for risk-taking

Responding to fatigue

Please use this information to help recognize if fatigue is affecting you.

If one of our staff members suspects that you or another patron is potentially fatigued based on signs observed, they are trained to initiate an interaction and may recommend taking a break or ending your visit.

For more resources
visit siga.ca/gamesense