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

Tips for Treating Fatigue:

- Get enough sleep
- Practice relaxation activities
- Stay hydrated
- Eat healthy foods
- Exercise regularly
- Avoid known stressors
- Don’t overbook yourself professionally and socially