Operations Task O-0102 Prevent & Treat Fatigue

Name:_____ CAPID: _____

Please Choose ALL correct answers.

1. What are (4) four symptoms of fatigue?

    A. Inability to concentrate

    B. Slurring words

    C. Inability to walk properly

    D. Feeling energized

    E. Bloodshot eyes

2. What are (3) three ways to relieve fatigue?

    A. Taking frequent breaks

    B. Engage in extra physical activity

    C. Take in adequate water

    D. Eat complete meals

Number Correct: _____