

# Human **Fatigue** in the Workplace Symposium

Want to discover why you get fatigued at work? What are the consequences of employee fatigue? What can employers and individuals do to prevent fatigue?

We proudly present two special guest speakers who will discuss these issues, followed by round-table activities and discussions.

## **Professor Andy Smith,**

Director, Centre for Occupational and Health Psychology,  
School of Psychology, Cardiff University, UK.



# Cognitive fatigue at work: from the laboratory to the sea

2.30 pm

## **Professor Sabine Sonnentag,**

Chair, Work and Organisational Psychology,  
Psychology, University of Mannheim, Germany.



# Recovery from work - a way to beat fatigue

3.30 pm

**Refreshments** will be provided to ensure we prevent physiological fatigue!

To register & more info, visit our website: [tinyurl.com/HumanFatigue](https://tinyurl.com/HumanFatigue)

**Monday 27th January, 2.30 - 5.30 pm,  
Room 1 & 2, Wolfson Research Exchange  
University of Warwick, Library.**

This event is hosted by the 'Researching Human Fatigue in the Workplace' staff network,  
ran by Dr Sarah Payne and Associate Professor Karoline Strauss.

The event is funded from an EPSRC grant, Learning Development Centre, University of Warwick.  
Unlike this colour, we will try not to fatigue you!