

GREG SMITH

DON'T PUSH FATIGUE



YOU ARE LYING IN A DITCH AFTER RUNNING OFF THE ROAD AND HITTING A TREE.

TOPICS/THEMES



PHYSICAL HEALTH

- The accident
- Hospital to Rehabilitation



CULTURE

- Army Life
- Expectations
- Fatigue



MENTAL HEALTH

- Coping with injury
- Life now
- Depression



COMMUNITY

- Sport
- Team mates



FAMILY

- Parents
- Relationships

We've all been there...You are so tired that you just want to sleep!

But you have to keep going, just a little bit further, just a few more minutes, just a couple more kilometres, turn on the Air Con, switch on the radio... BANG!

You are lying in a ditch after running off the road and hitting a tree.

As a tank operator and Physical Training Instructor in the Army, Greg will explain how fatigue caused him to end up in a wheelchair.

He will ask your people to think about how they deal with fatigue issues in your workplace.

His story will make you & your workmates aware of just how pushing things too far can have disastrous results.

Greg shares how his accident not only changed his life, but it affected his friends & family too. He honestly explains that he still struggles with some of the mental health and physical issues that are now part of his everyday life.

Show your workmates the impact of fatigue.