



**LINDSEY CARLSON** works at SCS Engineers on their solid waste management team performing Construction Quality Assurance (CQA) and reporting for field projects. She is also working on operations, monitoring and maintenance on landfills and assisting with landfill reporting and compliance. Lindsey spent the 2020 construction season in Sheboygan, WI where she provided CQA oversight for an ash pond closure project.

# BATTLING FIELD FATIGUE

Having filled construction quality assurance (CQA) roles for various construction projects for months at a time over the last couple years, I have learned a thing or two about battling field fatigue. Whether you're working in your local area and are home every night, or away on a long term and out-of-town project, that daily field grind can get you down. Here are some pro-tips for maintaining your stamina when your work responsibilities are compromised primarily of field work for long stretches of time.

## 1. DRINK WATER



It may seem like such an obvious thing, but staying hydrated is one of the most important things you can do to keep your stamina up in the field. It is important for both physical and mental energy levels. Yes, it's annoying to have to go the porta-john multiple times a day, but the increased energy levels are so worth it!

**WASTE REDUCTION PRO-TIP:** Invest in a large water bottle like the one pictured to the left rather than a 24-pack of water bottles.

## 2. USE YOUR PTO!

You earn PTO for a reason! Taking a break every now and then is crucial to your mental well-being. You will not be as effective or efficient if you're running on 1% battery for weeks on end. Take time for yourself! Talk with your supervisor and get a long weekend on the calendar every other month or so. You earned that backcountry hiking trip or bottle of wine and bubble bath!





### 3. MEAL PREP

We've all been there—you get to the site nice and early, you skipped breakfast and even lunch... Then 2pm rolls around, and your stomach demands that you get **WHATEVER** you can in your belly **AS FAST AS YOU CAN**, and naturally, you stop at the closest fast food joint. Not only is this an expensive habit, it's not conducive to being the best version of yourself. You truly are what you eat, and if you put junk in, you are bound to get junk out. Eat intentionally and be prepared with a healthy lunch and snacks to get you through the day.



**WASTE REDUCTION PRO-TIP:** Use glass pyrex food storage containers or some other reusable food container instead of sandwich baggies and other single use plastic.

### 4. PRACTICE MINDFULNESS



You ever have those days where your mind is incessantly rattling off all the tasks you must accomplish, how many gas wells you have to monitor or NDG tests you have to perform? Plus wrapping up reporting, catching up on emails, finding time to do laundry etc etc etc... You get it. The next time you are being swept away by your thoughts, take a breath in for 10 seconds and release for 10 seconds... quiet your mind, think of at least one thing you're grateful for, and take the day one step or task at a time. I like to end the day with a "Yoga with Adrienne" session on Youtube, which not only invokes mindfulness of your body, but also improves the headspace significantly.



### 5. STAY CONNECTED

Most important, be sure to stay connected with others. Check in with your teammates or project team on a regular basis, and take time to shoot the \*\*\*. Attend a YP Monthly Meeting in an informal discussion about what the rest of us YPs are up to! Find ways to express yourself and connect with others.