exhaustionE - Protocol 50/10 and 25/5

□ EWS 1	□ EWS 2	work beyond EWS 2, needs
□ EWS 1 □ 5 □ no	□ EWS 2 □ 10 □ no	$10 + (t _ \div 2) = min. \square no$
□ EWS 1 □ 5 □ no	□ EWS 2 □ 10 □ no	$10 + (t _ \div 2) = min. \square no$
□ EWS 1 □ 5 □ no	□ EWS 2 □ 10 □ no	$10 + (t _ \div 2) = min. \square no$
□ EWS 1 □ 5 □ no	\Box EWS 2 \Box 10 \Box no	$10 + (t _ \div 2) = min. \square no$
□ EWS 1 □ 5 □ no	□ EWS 2 □ 10 □ no	$10 + (t _ \div 2) = min. \square no$
□ EWS 1 □ 5 □ no	□ EWS 2 □ 10 □ no	$10 + (t _ \div 2) = min. \square no$
□ EWS 1 □ 5 □ no	\Box EWS 2 \Box 10 \Box no	$10 + (t _ \div 2) = min. \square no$
□ EWS 1 □ 5 □ no	□ EWS 2 □ 10 □ no	$10 + (t _ \div 2) = min. \Box no$
□ EWS 1 □ 5 □ no	□ EWS 2 □ 10 □ no	$10 + (t _ \div 2) = min. \square no$
□ EWS 1 □ 5 □ no	□ EWS 2 □ 10 □ no	$10 + (t _ \div 2) = min. \square no$
□ EWS 1 □ 5 □ no	□ EWS 2 □ 10 □ no	$10 + (t _ \div 2) = min. \square no$
□ EWS 1 □ 5 □ no	□ EWS 2 □ 10 □ no	$10 + (t _ \div 2) = min. \square no$
□ EWS 1 □ 5 □ no	□ EWS 2 □ 10 □ no	$10 + (t _ \div 2) = min. \square no$
□ EWS 1 □ 5 □ no	□ EWS 2 □ 10 □ no	$10 + (t _ \div 2) = min. \square no$
□ EWS 1 □ 5 □ no	□ EWS 2 □ 10 □ no	$10 + (t _ \div 2) = min. \square no$
\Box EWS 1 \Box 5 \Box no	□ EWS 2 □ 10 □ no	$10 + (t _ \div 2) = \min_{i=1}^{n} \max_{i=1}^{n} \max_{i=1}^{n}$

Am I working concentrated? Date: _____

*(t) corresponds to the time from which work continues beyond EWS 2, i.e. despite difficulties in concentrating. Measure the time (t) with a TIMER and calculate $10+(t \div 2)$, as the need for breaks beyond EWS 2 increases steadily over time! Example: If work is continued for 100 minutes beyond EWS 2 despite existing concentration problems, the recovery time is calculated as follows: $10+(t \div 2)$ with $10+(100 \div 2) = 60$ min. Such a long recovery time is not feasible in everyday working life! To avoid long recovery times, you should react promptly to EWS 1 and EWS 2.

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