

Working at night is very difficult and can **cause fatigue** and **negatively affect health**. Also during operations controllers often **experience high workload**. Combination of high workload and responsibility for safety can make you stressed. One more negative side is that ATC job requirements are very high. Air traffic controllers often have to pass strict checks, tests and exams. It puts high pressure on a person.

Controller's work can be stressful due to high traffic intensity, bad weather, military restrictions and other conditions, especially when they happen **at the same time**). Also, emergency or unexpected situations can cause stress. Anyway, **under all conditions**, controllers must work quickly and maintain full concentration. Controllers must **cope with stress and pressure** because flight safety is in their hands.