

DON'T FALL ASLEEP ON THE JOB

Avoiding Worker Fatigue

The goal is to reduce accidents resulting in injuries caused by worker fatigue. **About 20% of Americans get less than six hours of sleep per night which can lead to excessive daytime sleepiness. Tired workers can be susceptible to injuries and mistakes costing their organization thousands of dollars.** Once fatigue sets in, sleep is the only cure.

Sleepiness can be similar to drug or alcohol impairment:

- Slow reaction time
- Decreased awareness
- Impaired judgment

Symptoms of fatigue:

- Heavy, tired or sore eyes
- Excessive yawning
- Poor concentration, attention lapses, and mistakes
- Communication failures
- Micro-sleeps

Tips to reduce fatigue:

- Wake at the same time every day.
- Avoid caffeine, alcohol and nicotine before bed.
- Sleep in a cool, dark, quiet room.
- Avoid exercise within three hours of going to bed.

Additional facts:

- Caffeinated drinks (coffee, cola or tea) are not substitutes for proper sleep.
- Most adults need at least seven hours of sleep per night.
- Younger adults need more sleep than older adults, not less.
- Wandering thoughts are a sign that rest may be needed.

Not intended to constitute legal or medical advice; for informational purposes only. You should consult an attorney specializing in employment law and/or your physician before implementing any safety or health program.

