

Worker Fatigue



Watch for signs of fatigue.

- Slowed reaction time
- Difficulty staying focused
- Impaired judgment or mistakes
- Memory lapse
- Heavy, tired eyes
- Excessive yawning
- Nodding off

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 two 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.



Worker Fatigue

Objectives

- Know the signs of fatigue.
- Learn what you can do to help manage fatigue.
- Understand good sleep habits.

Things to know

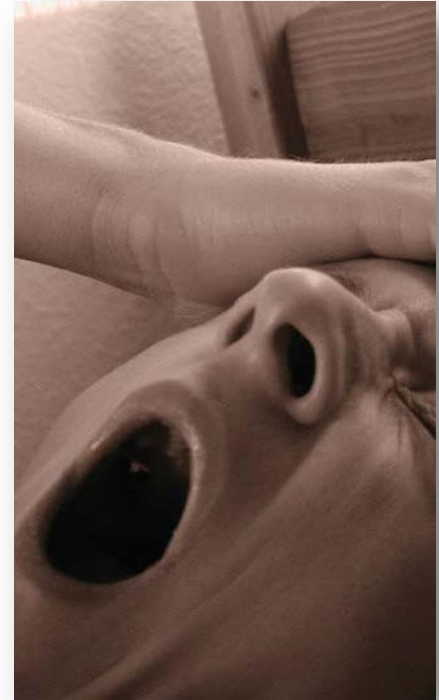
- Twenty percent of Americans get less than six hours of sleep per night.
- Lack of sleep can lead to excessive daytime sleepiness.
- Tired workers can be susceptible to injuries and mistakes.
- Once fatigue sets in, sleep is the only cure.

Watch for signs of fatigue

- Mental lapses.
 - Slowed reaction time.
 - Difficulty staying focused.
 - Impaired judgment.
 - Communication failures.
 - Memory lapse.
 - Mistakes.

Watch for signs of fatigue

- Physical symptoms.
 - Heavy, tired or sore eyes.
 - Excessive yawning.
 - Nodding off.



Managing Fatigue

- When you feel fatigue setting in:
 - Try to engage in social activity.
 - Move around or exercise.
 - Get some fresh air.
 - Turn up the lights.

Managing Fatigue

- Practice good sleep habits:
 - Avoid caffeine, alcohol, nicotine, and exercise two hours before going to sleep.
 - Don't go to bed hungry or with an extremely full stomach.

Managing Fatigue

- Practice good sleep habits:
 - Sleep in a cool, dark, quiet room.
 - Get at least seven hours of sleep each night.
 - Wake at the same time every day.



Summary

- Sleep is a basic biological need that is essential to our health, performance, safety & quality of life.
- Sleep deprivation has serious negative consequences, especially for shift workers.
- Signs & symptoms of sleep difficulties need to be identified and discussed with a doctor.



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