



FATIGUE / SLEEP SAFETY

When we sleep our brains recharge, our cells repair themselves, and our bodies reboot. Lack of sleep can lead to fatigue, which can put workers at risk while on the job.

FATIGUE AND SAFETY

Not getting enough sleep or not getting quality sleep can lead to fatigue which can increase a worker's:

- Error rates
 - Lack of concentration
 - Likelihood of accident and injuries
 - Micro sleeps
 - Delayed reaction
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EFFECTS OF FATIGUE

SHORT-TERM -reduces your ability to:

- Concentrate and recognize risk
- Think analytically/make decisions
- Remember events and sequences
- Control emotions
- Coordinate hand-eye movements
- Communicate effectively

LONG-TERM –can lead to:

- Heart disease
 - Diabetes
 - High blood pressure
 - Gastrointestinal disorders
 - Depression, and anxiety
 - Obesity
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WHY PREVENT FATIGUE- less fatigue can lead to:

- Better health and safety outcomes
 - Fewer workplace incidents and injuries
 - Less missed work days/staff turnover
 - Better performance and productivity
 - Improved health/weight management
 - Better mood
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SIGNS AND SYMPTOMS OF FATIGUE –not a complete list

1- Feeling tired often 2- Falling asleep against your will 3- Irritability 4- Depression
5- Loss of appetite 6- Digestive problems 7- Increased susceptibility to illness

SLEEPING TIPS – improve your sleeping habits to achieve optimal rest!

- Stick to a sleep schedule, even on weekends. - *This helps regulate your body's clock.*
- Practice a relaxing bedtime ritual. – *No bright lights* and limit electronics
- Exercise daily but leave at least 1hr before bed
- If you have trouble sleeping, avoid naps, especially in the afternoon.
- Sleep on a comfortable mattress and pillows.
- Avoid alcohol, caffeine and big meals at night.

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