

Fatigue and Workplace Injuries

Fatigue is defined as a feeling of weariness, tiredness, or lack of energy that does not go away when you rest.

Why Addressing Fatigue is Important

- Accident and injury rates are 18% greater during evening shifts and 30% greater during night shifts compared to day shifts. (OSHA)
- Workers with sleep problems have a 1.62 times higher risk of injury than workers without sleep problems. (NSC)
- Fatigue has been proven to increase the health risks of heart disease, stomach problems, depression, some cancers, and the worsening of existing chronic diseases such as diabetes. (OSHA)
- Drowsy driving was involved in 91,000 crashes in 2017 – resulting in 800 deaths. (CDC)

Who is at Risk?

- Employees that work shifts greater than 12 hours long.
- Extended or irregular work shifts to include graveyard or swing shifts.
- Employees who sleep less than 8 hours a night or suffer from sleep disorders.

Worker Fatigue Prevention Tips

- Avoid caffeine at least 5 hours before sleeping.
- Ditch the phone; stop using electronic devices at least 30 minutes before bed.
- Establish a sleep routine; go to bed and wake up at the same time every day.
- Sleep 7-9 hours daily without disruption.
- Avoid driving before 6 AM and after 12 AM whenever possible.
- Schedule regular driving breaks every 2 hours on long road trips.

Employer Fatigue Prevention Tips

- Assign regular, predictable work schedules.
- Avoid long shifts (no longer than 12 hours, 8-10 hours is better).
- Provide adequate time to recover between shifts.

Additional Resources:

- [NSC Fatigue Toolkit](#)
- [OSHA Worker Fatigue](#)
- [Sleep Foundation](#)
- [NHTSA Drowsy Driving](#)

