Workplace Fatigue

Waking Up to a Safe Productive Workplace

- Go to bed at the same time every day
- Wake up at the same time every day
- Keep your sleeping area quiet and dark
- Make bedtime for sleep, not reading or watching TV
- Avoid gadgets like smartphones and tablets before bed
- Don't eat a heavy meal right before bed

Too Little Sleep Can Show Up at Work by...

- Significantly reducing reaction time
- Affecting motor control
- Impairing decision making
- Skewing situational awareness

The National Safety Council currently reports that more than 37% of workers are sleep-deprived, and those most at risk work the night shift, long shifts or irregular shifts. Safety performance decreases as employees become tired.

For more information on this and other safety topics, please log on to the member-exclusive website at nsc.org