



FATIGUE AT WORK

EMPLOYER TOOLKIT



Riskiest Work Schedules

43% of working Americans report being sleep deprived

Night shifts

- Safety incidents are 30% higher during night shifts
- Limit the shift length and number of consecutive nights

Early morning start

- Before 7 a.m., body is still in sleep mode
- Limit consecutive early morning shifts and ensure ample opportunity for rest between shifts

Long hours

- Injury risk increases 13% with a 10-hour shift, 30% with a 12-hour shift
- Provide time for recuperative rest by scheduling at least 12 hours between shifts

Rotating schedules

- It takes time to adjust to a new schedule, often causing sleep loss
- Forward-rotate shifts and provide night-time sleep opportunities between rotations

Unpredictable schedules

- Any changes to the planned schedule can increase the risk of fatigue
- Reduce the occurrence of unplanned schedule changes and provide compensatory rest periods if sleep loss may have occurred