

FATIGUE

IN THE WORKPLACE: ARE YOU AT RISK?

 **7-9 HRS**

A person needs 7-9 hours of sleep a day to perform at an optimal level.

THE IMPORTANCE OF SLEEP



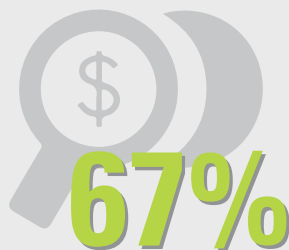
RISK AND EFFECTS OF SLEEP DEBT

59% NIGHT SHIFT

VS

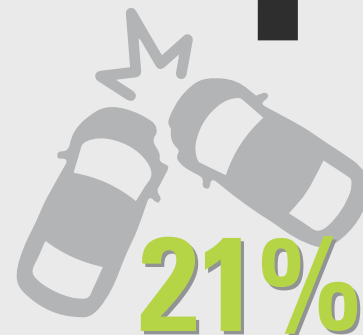
45% DAY SHIFT

59% of night shift workers sleep less than 7 hours versus 45% of day shift workers



MOONLIGHTING

67% of survey respondents who work multiple jobs reported working 50 or more hours a week, putting them at risk for **sleep deprivation**



FATAL CRASHES

21% of all fatal crashes are because of a drowsy driver – that's 6,400 fatal vehicle crashes a year.

SOURCE: *Fatigue in the Workplace: Causes & Consequences of Employee Fatigue*, National Safety Council. Retrieved from <http://safety.nsc.org/fatigue-report>

SIMFORMOTION™
LLC

learn@simformotion.com
www.simformotion.com

As used herein Simformotion means Simformotion LLC, a Delaware limited liability company.