

FATIGUE

ARE YOU AT RISK?



Fatigue describes a physical, mental or social impairment that includes tiredness, sleepiness, reduced energy and increased effort needed to perform tasks at a desired level.

7-9 hours

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

43%

of people in this survey don't get at least 7 hours of sleep a day.

97%

had at least one risk factor and the risks on the job increase with multiple risk factors.

RISK FACTORS

- Shiftwork
- Long shifts
- Long weeks
- Quick shift returns
- Sleep deficiency
- High-risk hours
- Physically or mentally demanding jobs
- Long commutes

13%

of workplace injuries can be attributed to sleep problems.

16%

of respondents reported at least one safety incident due to fatigue.

30%

higher risk of injury on the night shift compared to day shift.



Source: Tired at Work: How Fatigue Affects our Bodies report by National Safety Council and Fatigue in the Workplace: Causes & Consequences of Employee Fatigue report by National Safety Council

<https://www.nsc.org/workplace/safety-topics/fatigue/fatigue-reports>

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