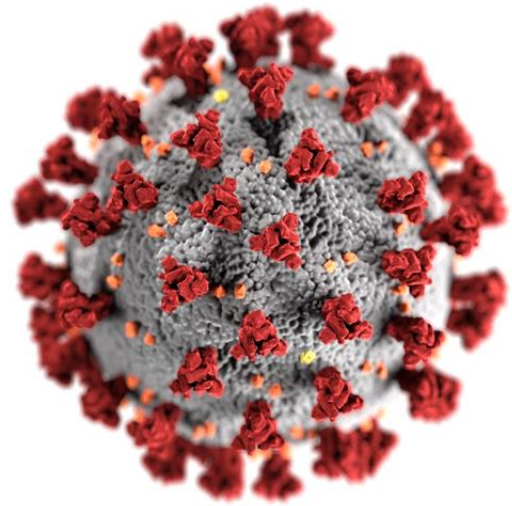


COVID-19 and the workplace: Implications for fatigue

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The findings and conclusions in this presentation have not been formally disseminated by the National Institute for Occupational Safety and Health and should not be construed to represent any agency determination or policy

[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

References

CDC/NIOSH Resources

- COVID-19 cases in the US www.cdc.gov/coronavirus/2019-ncov/cases-in-us.html
- Interim Guidance for Businesses and Employers Responding to Coronavirus Disease 2019 <https://www.cdc.gov/coronavirus/2019-ncov/community/guidance-business-response.html>

Science Blogs:

- Managing fatigue during times of crisis: Guidance for Healthcare Workers <https://blogs.cdc.gov/niosh-science-blog/2020/04/02/fatigue-crisis-hcw/>
- Work-related Fatigue Reaches Beyond the Workplace <https://blogs.cdc.gov/niosh-science-blog/2020/04/27/fatigue-spillover/>

Fact Sheets:

- Healthcare Personnel and First Responders: How to Cope with Stress and Build Resilience During the COVID-19 Pandemic <https://www.cdc.gov/coronavirus/2019-ncov/community/mental-health-healthcare.html>
- Employees: How to Cope with Job Stress and Build Resilience During the COVID-19 Pandemic <https://www.cdc.gov/coronavirus/2019-ncov/community/mental-health-non-healthcare.html>
- What workers and employers can do to manage workplace fatigue during COVID-19 <https://www.cdc.gov/coronavirus/2019-ncov/hcp/managing-workplace-fatigue.html>



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Other Resources

- Federal Motor Carriers Safety Administration Hours of Service Emergency Declaration
www.fmcsa.dot.gov/COVID-19
- COVID-19 Impacts on the Trucking Industry
<https://truckingresearch.org/2020/05/05/covid-19-impacts-on-the-trucking-industry/>
- Sasangohar F, Jones SL, Masud FN, Vahidy FS, Kash BA. Provider Burnout and Fatigue During the COVID-19 Pandemic: Lessons Learned from a High-Volume Intensive Care Unit. *Anesth Analg*. 2020 Apr 9: Epub ahead of print
- Federal Motor Carriers Safety Administration Hours of Service Final Rule
<https://www.fmcsa.dot.gov/regulations/hours-service/hours-service-drivers-final-rule>
- Altena, E. et al. 2020. Dealing with sleep problems during home confinement due to the COVID-19 outbreak: Practical recommendations from a task force of the European CBT-I Academy. *Journal of Sleep Research*, p.e13052.
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