



FATIGUE AT WORK

EMPLOYER TOOLKIT



Tired Workers Get Hurt

Up to 13% of workplace injuries happen to tired employees.

- Get 7 – 9 hours of sleep every day
- Try to go to bed at the same time every day
- Avoid alcohol, caffeine, watching TV or using a cell phone before bed
- Sleep in a cool, dark, quiet room

Fatigue is not a badge of honor. It can lead to mistakes and injuries

Feeling tired or drowsy during your shift?

Try these ideas to perk up:

- Stand and stretch at your workstation or take a quick walk
- Take your scheduled breaks – get a few minutes of fresh air or seek a comfortable and quiet environment
- Keep an eye out for drowsy co-workers and encourage them to try one of these tips

Stay alert, stay safe.