

First Quarter 2017

Fatigue and Safety

Fatigue is defined as the body's response to sleep deprivation or lengthy physical or mental hard work, according to the American College of Occupational and Environmental Medicine. Risk factors for occupational fatigue include long work hours, a heavy workload, lack of sleep, environmental factors and medical conditions. Effects of fatigue can include slower reaction time, more errors and decreased cognitive ability.

Risk management and possible solutions:

- Balancing workload and staffing
- Shift scheduling
- Training for employees on fatigue and managing sleep disorders
- Working during the day rather than at night
- Restricting consecutive day shifts to five or six days and night shifts to four days
- Ensuring workers have at least two consecutive days off
- Making schedules consistent
- Providing frequent breaks

For more information on the topic please visit:

<http://www.safetyandhealthmagazine.com/articles/15271-fatigue-and-worker-safety>

Please note: we are not an advocacy group, we simply aim to provide relevant resources.

We want your feedback!

If you have ideas for safety topics or benefits from Clean Up California, please call us to share your thoughts. We are always looking to provide relevant services to our members, and there is now a better way to know what you need than for you to tell us! You can call Alistair or Becky during regular business hours at (877) 789-7500

- Don't forget to call your Farmers Agent to ask about loss control services available to you at no charge.