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# Workplace Fatigue

## Waking Up to a Safe Productive Workplace



- Go to bed at the same time every day
- Wake up at the same time every day
- Keep your sleeping area quiet and dark
- Make bedtime for sleep, not reading or watching TV
- Avoid gadgets like smartphones and tablets before bed
- Don't eat a heavy meal right before bed

## Too Little Sleep Can Show Up at Work by...



- Significantly reducing reaction time
- Affecting motor control
- Impairing decision making
- Skewing situational awareness



The National Safety Council currently reports that more than 37% of workers are sleep-deprived, and those most at risk work the night shift, long shifts or irregular shifts. Safety performance decreases as employees become tired.

NATIONAL **SAFETY** MONTH 2017

For more information on this and other safety topics, please log on to the member-exclusive website at [nsc.org](http://nsc.org)