



FATIGUE

Reduce Your Risk

97% of American workers have at least one risk-factor for fatigue.

Shift work, a long commute and other work factors can contribute to fatigue. It's time to reduce your risk.

Increased Safety Risk

Ignoring these symptoms will only worsen your fatigue and increase safety risks for yourself and your coworkers.



Don't accept fatigue as your new normal.

Impaired Thinking

Fatigue can cause decreases in attention, memory, concentration, and other critical factors.

Aim for at least 7 hours of sleep each day.



Nodding Off

Falling asleep unintentionally, even for only a few seconds, can put you at serious risk and is a sign that you may be extremely fatigued.

Talk to a supervisor or human resources rep if you are too tired to work safely.



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SAFETY
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For more information on this and other safety topics, visit the member-exclusive website at **nsc.org**

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Source: According to National Safety Council Survey, *Fatigue in the Workplace: Causes & Consequences of Employee Fatigue*