



INJURY PREVENTION

Quick Review of Safety

Fatigue in the Workplace

PREVENTING FATIGUE

- Try to get between seven and nine hours of sleep each day.
- Have a consistent sleep schedule. Go to bed at the same time and get up at the same time every day, even on days off.
- Try to keep your bedroom quiet, dark and comfortable. If working a night shift, consider using blackout curtains to keep the bedroom dark.
- Remove distracting electronics from the bedroom, such as TVs, computers and phones.
- Engage in relaxing activities, such as reading, about an hour before bed. If possible, avoid electronics, as the light from the screens engages the brain and makes sleeping difficult.
- Use bright light to help manage circadian rhythms. Try to expose yourself to sunlight in the morning and avoid bright light before bed.
- Avoid eating large meals or consuming caffeine or alcohol before bedtime.
- Get regular exercise during the day. It can help reduce stress and tire you out. Try to work stretching routines into your day. Stretching helps increase blood flow, which helps supply oxygen to the muscles and brain.
- Speak with your doctor about being screened for sleeping disorders if you continue to have trouble sleeping.
- Follow directions on medication. Pay attention to cautions regarding avoiding specific activities or other restrictions.

(Over)



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- Periodically rotate tasks. If possible, set up a task rotation schedule if work is mundane and unstimulating.
- Talk to your supervisor if you are concerned about how fatigue is affecting you at work.

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