

FEELING TIRED?

FATIGUE INCREASES YOUR RISK OF INJURY IN THE WORKPLACE

Fatigue is not easily measured or quantified, so it is difficult to isolate the effect of fatigue on accident and injury rates. Research shows that when workers have slept for less than 5 hours before work and when workers have been awake for more than 16 hours, their chance of making mistakes at work due to fatigue is significantly increased.

The number of hours awake is similar to blood alcohol levels

- 17 hours awake is equivalent to a blood alcohol content of 0.05.
- 21 hours awake is equivalent to a blood alcohol content of 0.08 (legal limit in Canada).
- 24 - 25 hours awake is equivalent to a blood alcohol content of .10.

Most accidents occur when people are more likely to want sleep - between midnight and 6 a.m., and between 1-3 p.m. Sleep deficit has been linked to large-scale events such as the Exxon Valdez oil spill and the nuclear disaster at Chernobyl.

CCOHS

