

Know the impact of fatigue

Fatigue is something we all live with from time to time, but chronic fatigue can negatively impact not just your work, but the quality of your life, too.

Fatigue has factored into disasters around the world

The Three Mile Island Meltdown

At 4 AM, tired operators failed to recognize the loss of core coolant water.

The Chernobyl Nuclear Power Plant Meltdown

At 1:26 AM, reactor safety features were turned off, and weren't turned back on by an overworked crew.

The Hoboken Train Crash

The operator had undiagnosed sleep apnea and fell asleep at the controls. The train ran through the end stop, resulting in 1 death and 114 people injured.

None of these events were the result of one night of poor sleep, or what's called **acute fatigue**. They were the result of **chronic fatigue**, that means fatigue built up over days, weeks, or even longer.

People with less than **6 hours** of sleep have more than **DOUBLE**

The risk of getting injured at the worksite compared to those who have slept at least **7 hours**

At less than **5 hours** sleep, people are nearly **4 times more likely** to get injured at the worksite.

Physical health consequences include increased risks of:

- Strokes (15% increase)
- Cardiovascular disorders (40% increase)
- Digestive disorders, ranging from acid reflux to peptic ulcers
- Kidney disease and scarring of tubules
- Inflammation of rheumatoid arthritis
- Fertility problems for women including getting and staying pregnant
- Reductions in testosterone levels for men
- Various cancers
- Migraines

Mental and emotional health consequences include:

- Increased aggressiveness and intolerance
- Increased impulsiveness
- Mood swings
- Irrationality
- Decreased motivation
- Increased levels of depression
- Increased risk of PTSD
- Increased risk of dementia
- Increased risk of Alzheimer's Disease

Fatigue is a hazard. Factor it in.