



## Safety Message of the Day for IMEA Members



### **The Impacts of Burnout on Workplace Health and Safety**

When most people think about workplace hazards, they think of electrical hazards, fire risks, chemical exposure, slips and falls, and falling objects. You may even think of injuries caused by repetitive motions or workplace bullying and harassment. What you may not stop to consider as a workplace hazard is workplace burnout.

Burnout can lead to reduced performance and productivity. We can feel detached, demotivated, and tired. A low mood can impact our ability to think creatively or concentrate.

**When we lack the motivation and focus, we may be putting ourselves and others at risk.  
Therefore, the emotional, mental, and physical symptoms of burnout can be considered a workplace hazard.**