



Safety Message of the Day for IMEA Members



Managing Fatigue At The Workplace Safety Message

How did you sleep last night? Did you get enough sleep? How do you know? It is very important to be aware of yourself. Getting plenty of sleep is a very important part of your personal safety.

Most people need 7-8 hours of sleep each 24-hour day. Sleep loss built up slowly over several nights can be as harmful as sleep loss in one night. Both produce a decline in performance such as slower reaction times, failure to respond to changes, and the inability to concentrate and make reasonable judgments.

Fatigued persons tested from continuous hours of wakefulness against blood alcohol levels concluded that 17 hours awake is equivalent to a blood alcohol content of 0.05. Twenty-one hours awake is equivalent to a blood alcohol content of 0.08 and 24-25 hours awake is equivalent to a blood alcohol content of 0.10.

Do you get enough sleep?