



Safety Message of the Day for IMEA Members



Fatigue on the Job Safety Message

You are the most important safeguard in protecting yourself and others while at work. When you are not able to fully focus and perform your duties correctly, you could be leaving yourself at risk for injury. Being tired on the job is a major problem in the United States for workers. Fatigue leaves workers performing at lower levels, and this exposes them to higher chances of an injury or an incident occurring. It is important to prevent fatigue while on the job to keep yourself and those around you safe.

Fatigue in the Workplace Statistics

- * Fatigue carries an overall estimated cost of more than \$136 billion per year to employers in health-related lost productivity.
- * 1 in every 5 workers is sleep deprived.
- * Poor sleeping habits lead to stress on the job.
- * In a survey by Caremark Rx Inc. of 29,000 adults, 38% reported feeling tired at work in the last two weeks.