

# FATIGUE

## IN THE WORKPLACE

### CAUSES



TIME  
ON TASKS



TIME  
OF DAY



SLEEP  
LOSS

### RISK FACTORS

#### No Rest Breaks

**10%** do not get a rest break

#### Quick Shift Returns

**14%** get less than sufficient time off between shifts

#### Shift Work

**17%** work a non-day

#### Long Shifts

**21%** work long shifts

#### Long Weeks

**22%** work long weeks

#### Long Commutes

**31%** have long commutes

#### High-Risk Hours

**41%** must occasionally work at high-risk times

#### Sleep Loss

**43%** don't get enough sleep

#### Demanding Jobs

**81%** have jobs at high risk of fatigue

### LEVELS OF FATIGUE



DECREASED  
COGNITIVE  
PERFORMANCE



MICRO  
SLEEPS



INCREASED  
SAFETY  
RISK

Teach operators to combat fatigue and build safe operating habits with SimScholars® curriculum. SimScholars connects classroom instruction to safe, effective training using Cat® Simulators, preparing learners to operate safely and proficiently on real-world jobsites.

SOURCE: Fatigue in the Workplace: Causes & Consequences of Employee Fatigue, National Safety Council. Retrieved from <http://safety.nsc.org/fatigue-report>

## CAT® SIMULATORS

[www.catsimulators.com](http://www.catsimulators.com)

[learn@catsimulators.com](mailto:learn@catsimulators.com)  
1.309.266.2640



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