

# 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

### Long Shifts

**21%** work long shifts

### High-Risk Hours

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

### Quick Shift Returns

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

### Long Weeks

**22%** work long weeks

### Sleep Loss

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

### Shift Work

**17%** work a non-day

### Long Commutes

**31%** have long commutes

### 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

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