

Pinnacle Pointers for Safety Group Programs

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Steps to Improve Sleep and Worker Safety

It's time to wake up and smell the coffee. Sleep deprivation is a problem in America — at a cost to employees and employers. Here are the facts:

- In the U.S., [three in 10 working adults sleep six hours or less](#) in a 24-hour period.
- For employees who sleep less than five hours per day, [the estimated annual injury incidence rate per 100 workers is 7.89](#). For those who catch seven to eight hours of zzzs, the injury rate falls to just 2.27.
- [Fatigue-related productivity losses cost almost \\$2,000 per worker each year](#).

The good news is there are helpful, time-tested tips for employers and employees.

Tips for employers

- Evaluate and reconsider workloads, hours, understaffing and worker absences — scheduled and unscheduled.
- Set work schedules to permit rest breaks and nighttime sleep.
- Adjust the lighting, temperature and worksite surroundings to keep your workers alert.
- Educate and train your employees on sleep deprivation, effects on wellness and the workplace, tips for better sleep (see below), and the benefits of diet and exercise.
- Develop worksite wellness program that improves population health and reduces health risks.
- Consider a fatigue risk management plan for your organization (see Resources).

Tips for employees

- Get seven to nine hours of sleep every day.
- Follow a sleep routine. Go to bed and wake up at the same time every day.
- Eliminate unnecessary light.
- Don't eat right before bed.
- Avoid alcohol, caffeine and stimulants.
- Don't watch TV or use electronic devices at bedtime.

Industry-specific resources

Healthcare/Nursing

- [NIOSH Training for Nurses on Shiftwork and Long Work Hours](#)
- [Registered Nurses Association of Ontario](#)
- [University of North Carolina at Chapel Hill; Christa Seaman](#)

Mining

- [New South Wales Mine Safety Advisory Council](#)

Oil and gas

- [Enform](#)

Logistics/trucking

- [AAA Foundation](#)

Fatigue risk management programs

These resources can help your organization create a fatigue risk management program:

- The [Federal Aviation Administration Fatigue Management Toolbox](#), which includes colorful downloadable posters to display in the workplace
- The [United States Coast Guard Crew Endurance Management Practices Guide](#)
- The [United States National Response Team Technical Assistance Document](#)
- The American Petroleum Institute's "[Fatigue Prevention Guidelines for Personnel in the Refining and Petroleum Industries \(Standard RP 755\)](#)"
- The petroleum industry's "[Managing Fatigue in the Workplace](#)"
- The American College of Occupational and Environmental Medicine's "[Fatigue Risk Management in the Workplace: 2012 Guidance Statement](#)"

Additional resources

Additional workplace resources and educational content are available from [OSHA](#), the [National Safety Council](#) and the [National Healthy Sleep Awareness Project](#). And contact us at Safety On Call at safetyoncall@pinnacol.com or 303.361-4700 or 888-501-4752. Our Safety Services team is here to answer questions, provide materials and help your organization maintain a well-rested workforce for a safer, healthier and more productive workplace.

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