

Safety Group Program

# PINNACOL POINTERS

**PINNACOL**  
ASSURANCE

## Six ways to help workers combat workplace fatigue

Well-rested workers make safe workers. Unfortunately, Daylight Saving Time and a change in season often wreak havoc on your employees' sleep patterns. The truth is, sleep deprivation is a problem in America every night. In the U.S., three in 10 working adults sleep six hours or less in a 24-hour period.

If your employees are dragging, can you do anything to get them back on track? Yes — try these six tips to encourage healthy sleep patterns and make your workplace safer:

- Identify signs of fatigue
- Schedule more strenuous or demanding work for the morning
- Use fitness trackers or sleep-tracking apps
- Adjust work schedules to accommodate rest
- Advise employees on good sleep habits
- Make changes in lighting, temperature and other environmental factors

[Find out more.](#)