



Preliminary findings

2017 Workplace Fatigue Survey

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Who is NSC?

Our Mission:

The National Safety Council eliminates preventable deaths at **work**, in **homes and communities**, and **on the road** through leadership, research, education and advocacy.



Drowsy driving and workplace fatigue





Preliminary findings

2017 Workplace Fatigue Survey

Release date: June 21st

Who

2,010 full-time working adults

When

Completed March 3rd, 2017

How

15 minute online survey

Fatigue risk factors

Job-related factors
Sleep health

Attitudes, beliefs

Workplace fatigue
Sleep health

Effects of fatigue

Microsleeps
Safety incidents

Workplace culture

Organizational safety culture

Fatigue quiz

10 question



Key Findings



Fatigue risk factors

9 factors

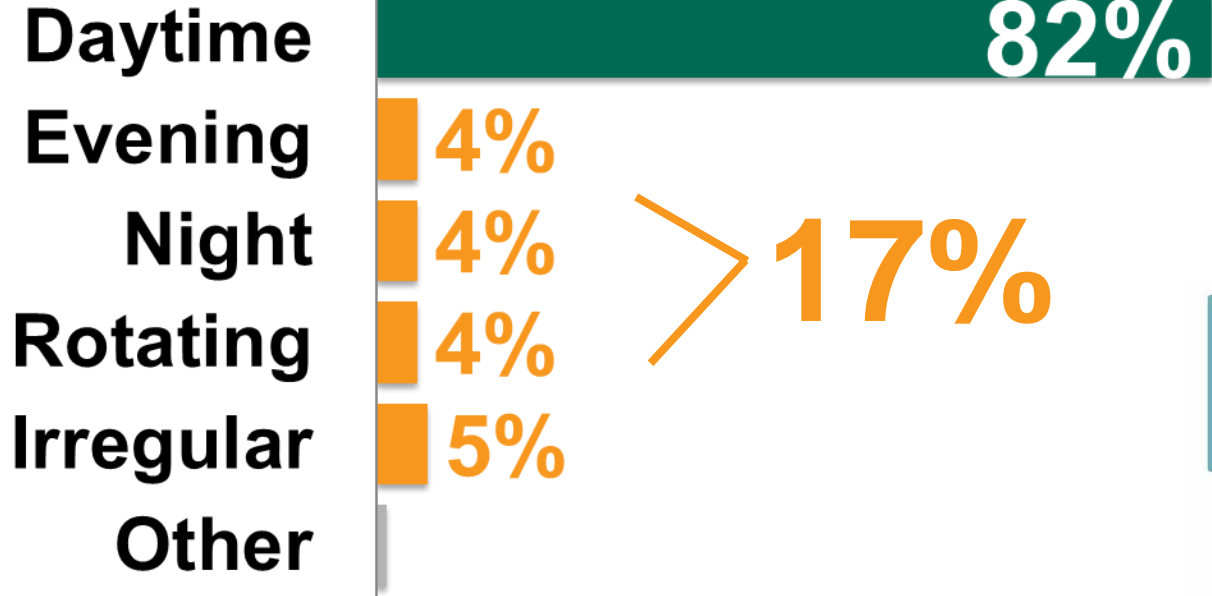


9 risk factors for fatigue

- Type of shift
- Work at night/ early morning
- Commute length
- Average hours of sleep
- Shift length
- Hours worked /week
- Hours between shifts
- Rest breaks
- Type of job



Shift schedule





43%

sleep less than 7 hours on weekdays

13%

sleep less than 5 hours on weekdays



57%

vs.

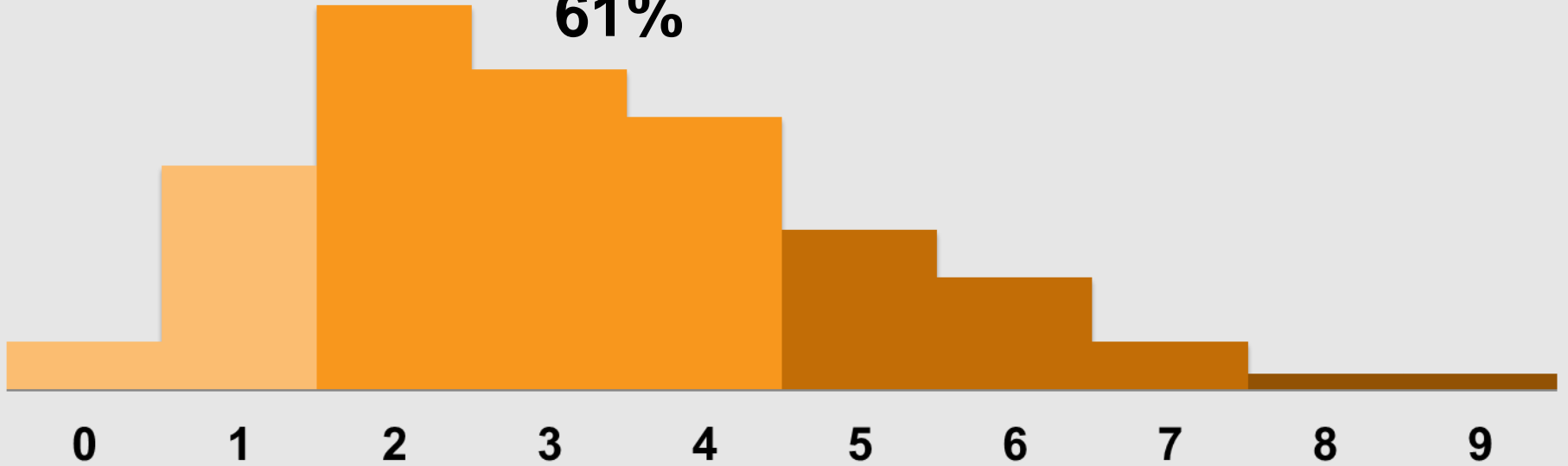
52%

Day shifters
sleep 7+ hours

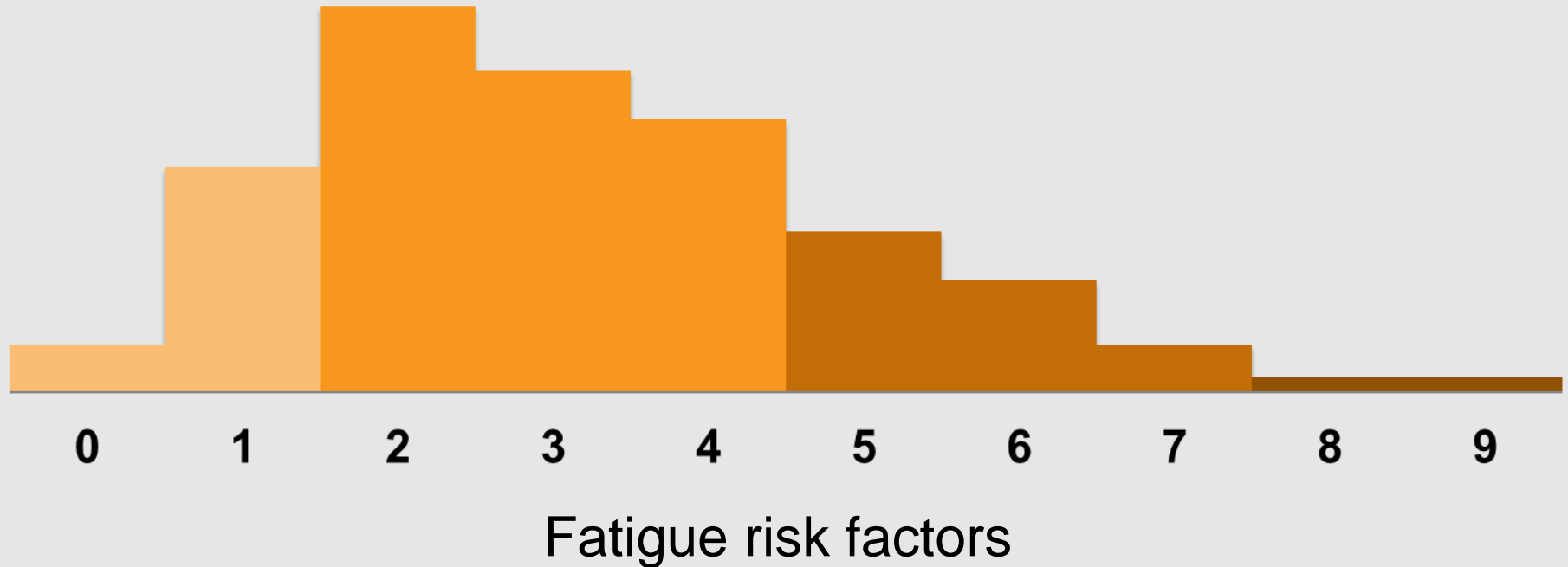
Night shifters
sleep 7+ hours

Fatigue risk factors

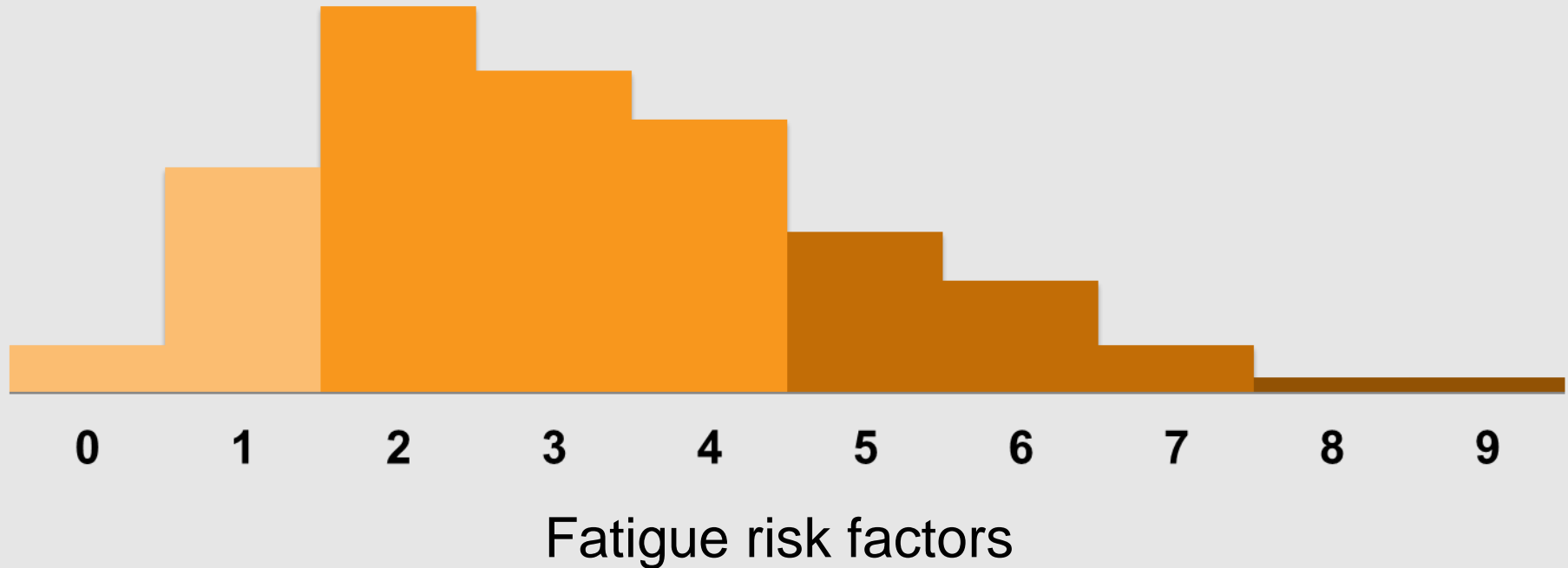
61%



4 out of 5 respondents
were at some risk for workplace fatigue



1 out of 5 respondents
had a high number of risk factors





Effects of fatigue



35% report feeling tired at work

8% experienced a workplace safety incident due to fatigue



Workplace Culture

Employee attitudes



Fatigue as a safety issue

70%

vs.

34%

feel fatigue
is a safety issue

believe their
employer
feels fatigue
is a safety issue



Off-the-job rest

78%

vs.

28%

feel they should
arrive well-rested

believe their
employer cares
if they are rested



39% feel pressured to work longer hours

34% feel pressured to skip breaks



What should we do?



What are our goals?

Employees

- Identify causes
- Understand risks
- Sleeping 7+ hours

Employers

- FRMS
- Educate employees
- Fatigue in safety culture



How will we get there?

Awareness & Education

Fatigue cost calculator
Fatigue toolkit
Sleep health training

Resources

FRMS
Implementation kit



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