DO YOUR WORKERS SHOW SIGNS OF FATIGUE?

If they aren't getting **7 to 9 hours of recommended sleep each night**, your workers might be at risk. In the U.S., one in two extraction workers¹ don’t get enough sleep. Tired workers can experience increased negative health outcomes, including diabetes, high blood pressure, heart disease, stroke, and obesity. **Remember**: Good fatigue management is a shared responsibility that enables workers to be well-rested and alert on the job. Consider the facts below in deciding how to help workers manage fatigue, and make sure your workers are prepared to **RISE AND MINE**.

### Burden of Fatigue in the U.S.

<table>
<thead>
<tr>
<th>U.S. Population</th>
<th>Mining Population</th>
</tr>
</thead>
<tbody>
<tr>
<td>Average hours worked per week²</td>
<td>34</td>
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<tr>
<td>Average hours worked per day²</td>
<td>8.8</td>
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<tr>
<td>Percentage working 60+ hours per week³</td>
<td>7.2</td>
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### What Increases Fatigue Risk?

**Poor Sleep**

13% of work injuries can be attributed to sleep problems

**Work Hours**

Long shifts + Night shifts + No breaks = more than 2 times increased risk of injury

### What Lowers Fatigue Risk?

- Educating workers on healthy sleep
- “Smart” shift scheduling
- Rest breaks every few hours
- Voluntary sleep disorder testing
- Reducing demanding tasks at end of shift and end of work week
- Alternative commute services to and from work

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