

How Working Long Hours can cause fatigue risk

Some occupations affected by long working hours:



Industrial Workers



All Transportation Modalities



Healthcare Workers



Emergency Responders



Power Plant Workers



Miners

Nurses are working longer hours with few breaks and little time for recovery between shifts.



393 Nurses studied recorded schedules for 28 Days

(Rogers et al. 2004)



Information recorded:

- Time of Day Worked
- Sleep/Wake Patterns
- Hours Worked
- Overtime
- Days Off

Amount of shifts with errors

Errors include procedural (18%), charting (12%), and transcription errors (7%)

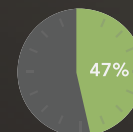
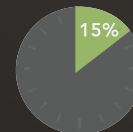
Length of shift

Up to 8.5h

8.5–12.5h

12.5h or More

% of shifts out of 5,312



Ready to start managing fatigue risk?



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Working long hours or multiple consecutive days (without a day off) resulted in significant increases in injury hazard rate.

Jobs with overtime schedules had 61% higher injury hazard rate compared to jobs without overtime. Working at least 12 hours per day was associated with a 37% increased hazard rate and working at least 60 hours per week was associated with a 23% increased hazard rate.

(Dembe et al. 2005)

When a person becomes fatigued, they have trouble paying attention, have slower reaction time, make more errors, become forgetful, and may even fall asleep on the job. How is fatigue risk affecting your business?