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# 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 workers<sup>1</sup> 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.

U.S. Population	Mining Population
Average hours worked per week <sup>2</sup>	
34	44
Average hours worked per day <sup>2</sup>	
8.8	9.6
Percentage working 60+ hours per week <sup>3</sup>	
7.2	17.3

## What Increases Fatigue Risk?

### Poor Sleep

**13%** of work injuries can be attributed to sleep problems<sup>4</sup>

### Work Hours

Long shifts + Night shifts + No breaks = **more than 2 times increased risk of injury<sup>5</sup>**

## 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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