

Fatigue on the Job Picture This



The Remarkable Costs of Fatigue



Fatigue affects **individuals** and **companies** both directly and indirectly.

The global costs are in the **hundreds of billions** when considering:



Accidents



Lost productivity



Health care

THIS INCLUDES

Increased accidents



Fatigue increases **accident risk** through slowed reaction time and reduced attention and processing speeds.



The National Highway Traffic Safety Administration reports that drowsy driving causes **2.8 percent** of fatal crashes annually.



AAA suggests that figure is much higher, with an estimated **17 percent** of fatal crashes involving drowsy drivers.

Increased errors



A 2012 report by the World Health Organization identified fatigue as a factor that predisposes healthcare workers to **medical error and injury**.

Impaired performance and loss in productivity



Fatigue decreases **reaction time** and accuracy in decision making.



Fatigued people tend to have reduced **attention spans** and impaired memory.



They may also be **impulsive** and prone to **misunderstandings**.

Increased absenteeism



In the large, three-year MassVital Cohort study, fatigue was related to both **short-term** and **long-term** absence from work.

Even after excluding those who were **sick, pregnant, or had long-term illness**.

Increased medical costs



The Health and Productivity as a Business Strategy study attempted to break down the costs of fatigue by matching medical and pharmacy claims to specific health conditions.

Fatigue ranked as the **13th** most expensive condition.

SOURCES

nhfwa.gov aetnafoundation.org nhtsa.nhtsa.gov aetna.org who.int