

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 MassVicht 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
nhtsa.gov aafoundation.org ncbi.nlm.nih.gov acoem.org who.int