Fatigue & Stress – Landscaping Fatality File

Fatal Heart Attack Due to Fatigue and Stress in Landscaping

On May 10, 2023, a fatal incident occurred at a commercial landscaping project in Atlanta, Georgia, resulting in the death of a 45-year-old worker, Michael Carter. Carter, who had been working extended hours for several consecutive days due to a major landscaping contract deadline, collapsed on the job site. Despite immediate efforts to revive him, Carter was pronounced dead at the hospital, with the cause of death determined to be a heart attack induced by severe fatigue and stress.

The investigation revealed that Carter had been working under significant physical and mental stress, with little time for rest and recovery between shifts. The company’s focus on meeting tight deadlines led to long working hours without adequate breaks or support for managing stress. Furthermore, the company lacked a formal wellness program to monitor workers’ health and manage fatigue-related risks.

In response to this tragedy, the landscaping company has introduced a comprehensive health and wellness program, which includes mandatory rest breaks, limits on consecutive working hours, and regular health check-ups for all employees. The company has also implemented stress management training and increased staffing to prevent overwork.