Picture This! Workplace Adventures in the Land of Nod



Nearly 40 percent of workers experience fatigue on the job, according to a study reported in the Journal of Occupational and Environmental Medicine. If they can take a nap during a break, that can help keep workers alert for the rest of their shifts, but if workers nod off unintentionally while performing safety sensitive work, such as driving or operating dangerous machinery, the results can be devastating. (OHS Insider)