

# Quick Course – Fatigue at Work Can Kill You

## **Course Description**

You're an accident waiting to happen if you are not alert at work. This applies to most high-risk jobs (trucking and transport jobs), repetitive jobs (such as sorting logs in a lumber mill), and a host of other jobs – regardless of the inherent risk level.

The risk of making mistakes at work increases dramatically if workers sleep for less than seven to eight hours or are awake for more than 17 consecutive hours.