# RISKIEST

### work schedules

38% of the U.S. workforce reports being sleep deprived.

#### Night shifts

Safety incidents are 30% higher during night shifts



#### Early morning start

Before 7:30 a.m., body is still in sleep mode
Work says, "Go!" but body says, "No!"



#### Long hours

Double the shift, double the risk 12 hour shifts are 2x riskier than 8 hour shifts



## Irregular shifts & rotating schedules

Schedules changing daily or weekly upsets your body clock





Visit nsc.org/fatigue for more resources.