

# FATIGUE ON THE FARM



## QUICK FACTS

- 43% of American workers say they sometimes are too tired to function safely at their job
- \$136 billion per year is the estimated cost to employers for health-related lost productivity due to fatigue
- 13% of workplace injuries are attributed to fatigue
- 40% increase in work-related injuries for those working long shifts
- 100,000 police-reported crashes are estimated each year to be the direct result of driver fatigue
- 70 million Americans suffer from a sleep disorder

## WHAT CAN FATIGUE CAUSE ON THE FARM?



### Increased risk of injury, due to...

- Not being able to concentrate
- Slower reaction times
- Errors in operation



### Health problems, such as...

- Chronic fatigue
- Sleep disorders
- Mental health strain



### Impaired decision-making, due to...

- Judgment errors
- Risk-taking behavior



### Impact on team dynamics, such as...

- Increased worker conflicts
- Not communicating clearly



### Decreased productivity and performance, due to...

- Reduced efficiency
- Increased error rate



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# WHAT CAN YOU DO TO REDUCE FATIGUE?

## IN THE WORKPLACE



Schedule regular rest periods and breaks to help recharge.



Make adjustments to the work environment, such as lighting, temperature, and physical surroundings to increase alertness.



Offer a ten-minute stretching break.

## AT HOME

- ✓ Strive for 7-9 hours of sleep per night.
- ✓ Avoid using over the counter or prescription sleeping pills.
- ✓ Decrease alcohol consumption.
- ✓ Wake at the same time every day.
- ✓ Establish a bedtime routine so your brain knows it's time for bed.
- ✓ Sleep in loose, non-restrictive clothing.
- ✓ Set the temperature in your bedroom to 60-68 while sleeping.
- ✓ If cold feet interfere with sleep, place a hot water bottle, heating pad, or warm corn/rice bag at your feet.
- ✓ Get outside during the day, and dim indoor lights a couple hours before heading to bed.
- ✓ Exercise and add activity to your day.
- ✓ Eat nutritious foods and drink lots of water.
- ✓ Limit caffeine intake to morning only, and have less.
- ✓ Stop watching TV and using screens at least an hour before going to bed.
- ✓ Don't use electronics in bed, and set your phone to "Do Not Disturb" mode.
- ✓ Don't allow kids or pets to sleep in your bed.
- ✓ Use a humidifier next to your bed during the winter, and a fan in the summer.
- ✓ If your mind is racing, take some time to write down a list of what you are thinking of.
- ✓ Try using a white noise machine.