

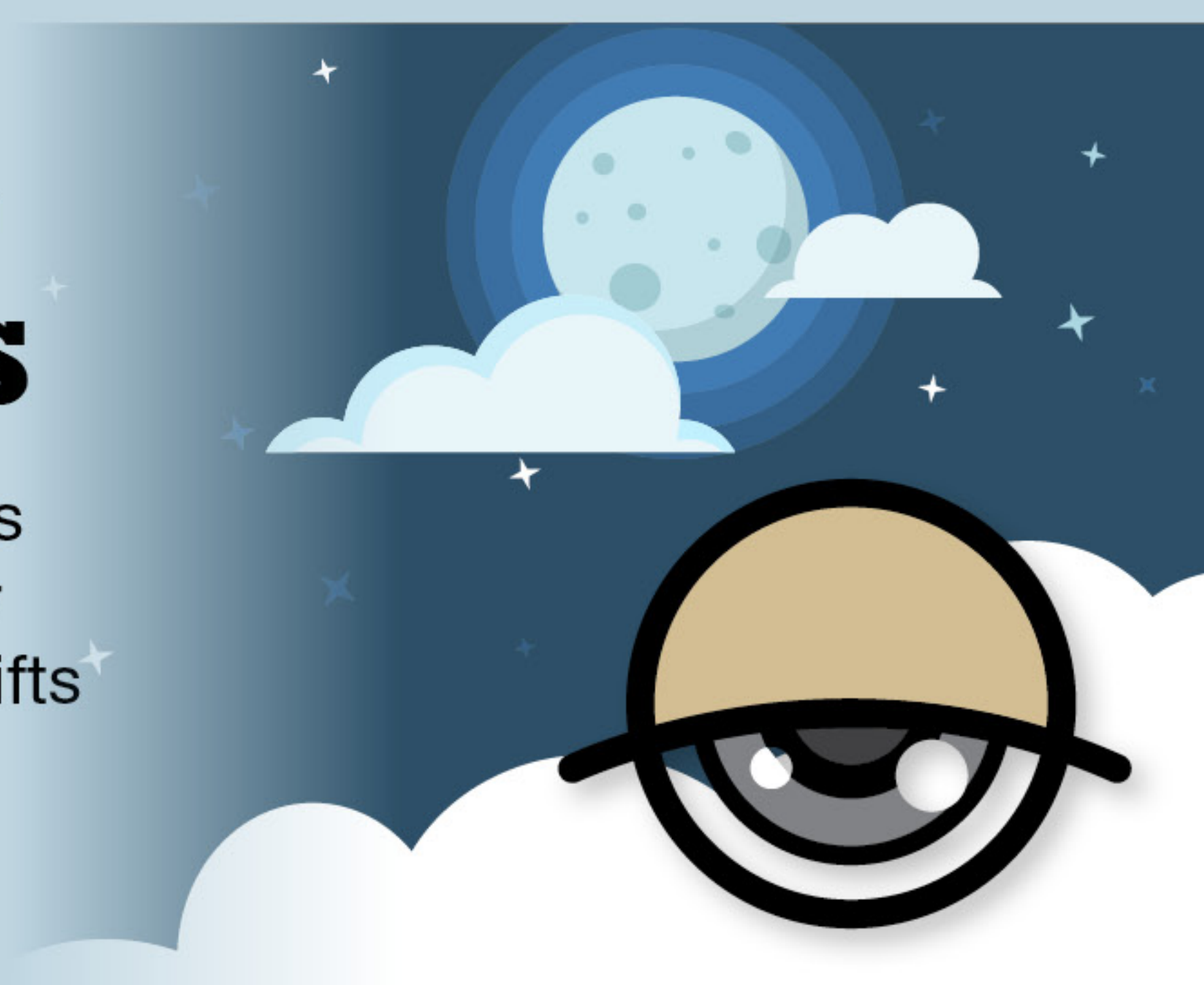


# RISKIEST Work Schedules

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

## NIGHT SHIFTS

Safety incidents are 30% higher during night shifts



## EARLY MORNING START

Before 7:00am, body is still in sleep mode



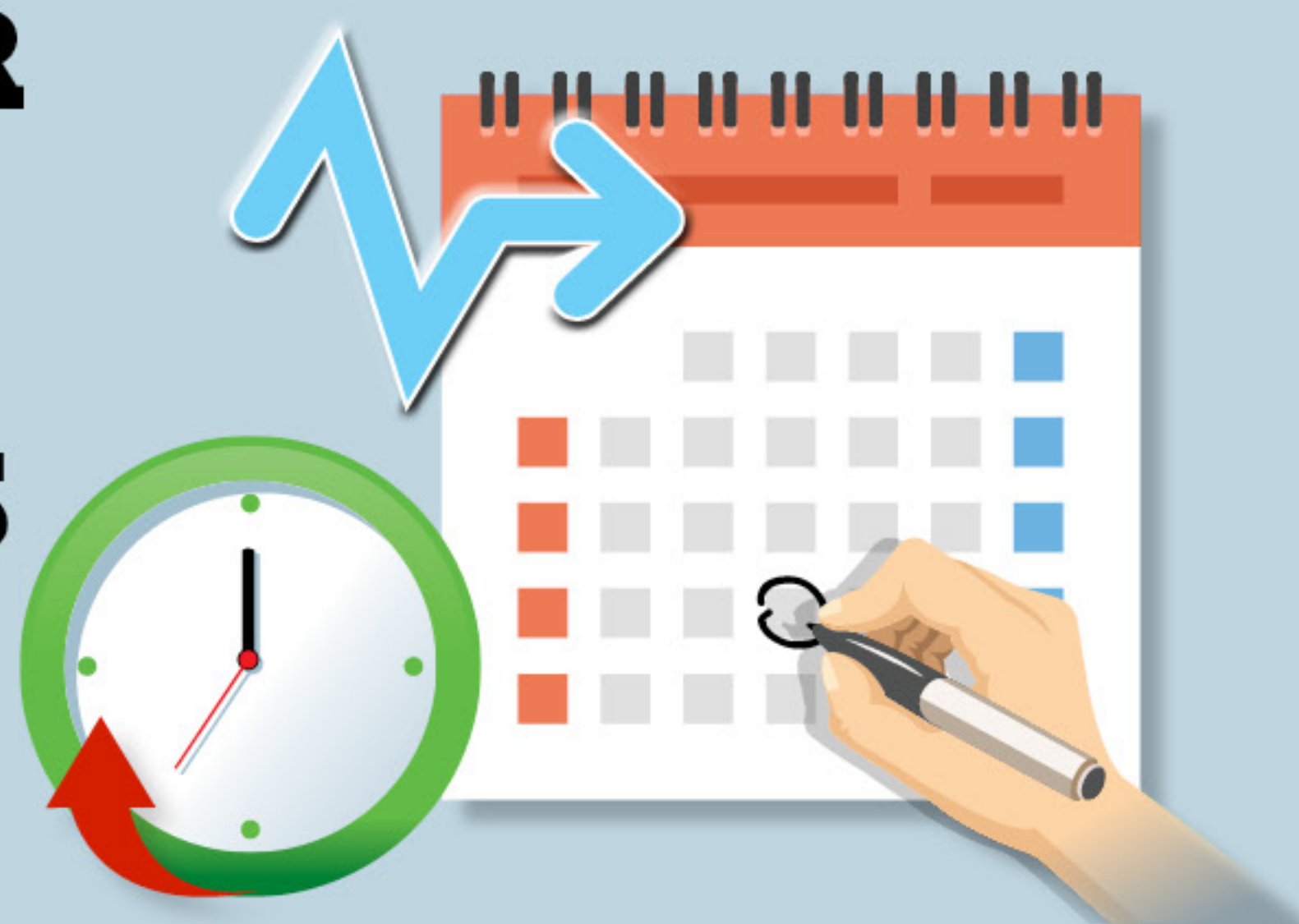
## LONG HOURS

The longer the shift, the higher the risk



## IRREGULAR SHIFTS & ROTATING SCHEDULES

Schedules changing daily or weekly upsets your body clock



For more information, visit [www.nsc.org/fatigue](http://www.nsc.org/fatigue)

