

# MINNESOTA SAFETY COUNCIL

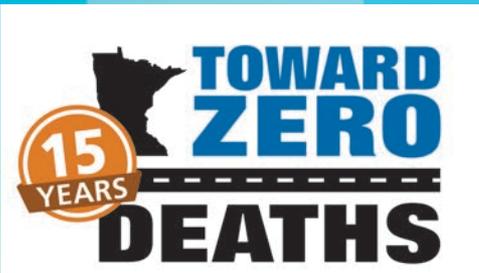
 Chapter of the National Safety Council



## Get Some Sleep – Just Not Behind the Wheel

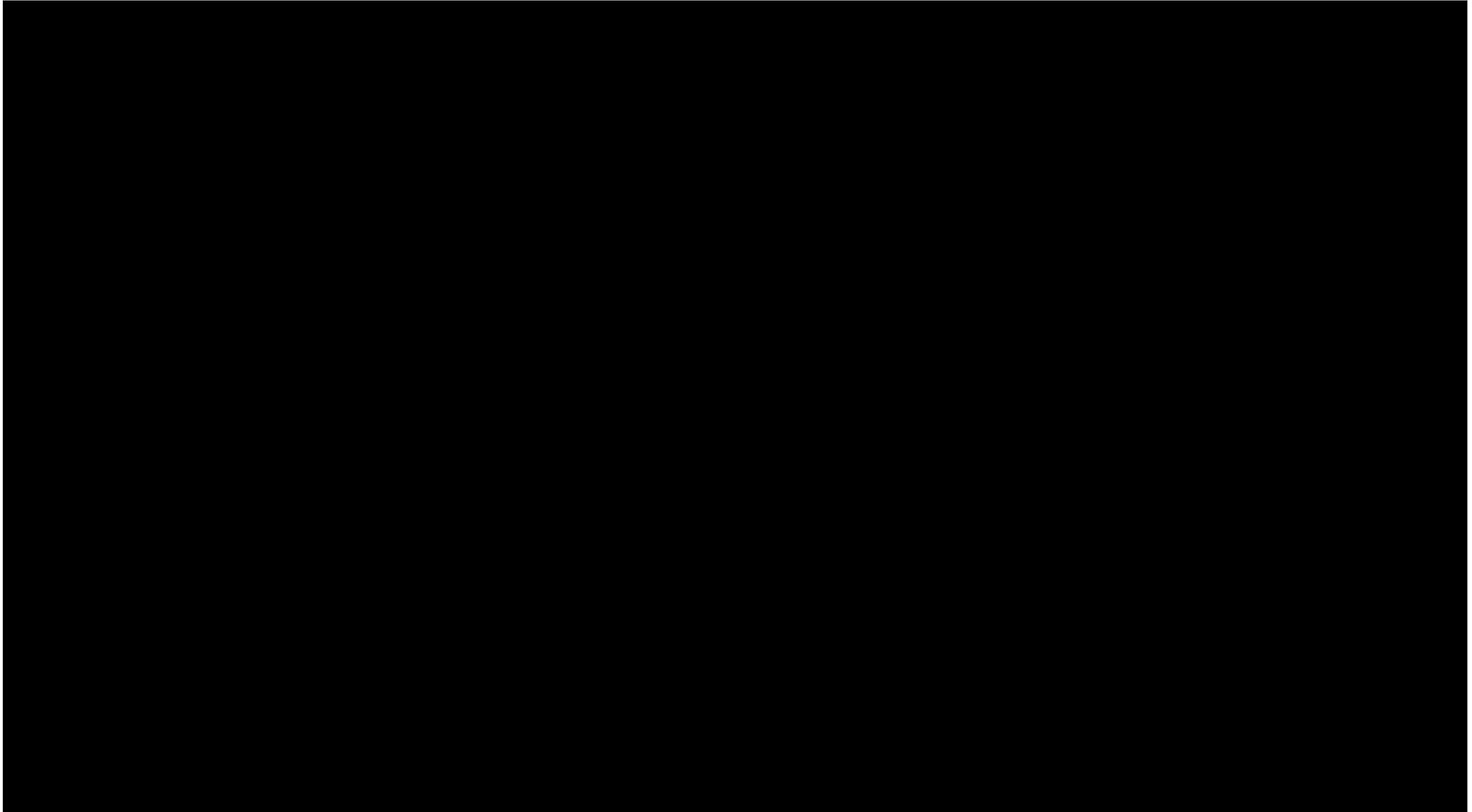
Presented by:

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Making Minnesota a Safer Place to Live

# In the Blink of an Eye



# Drowsy Driving

## Drowsy Driving Lands Amongst National Transportation Safety Board (NTSB's) 2016 Most Wanted List



# The Numbers

**109,000**

Avg. annual # of  
injury-related  
drowsy driving  
crashes on U.S.  
roadways

**INJURIES**

**6,400**

Avg. annual # fatal  
drowsy driving  
crashes on  
U.S. roadways

**FATALITIES**

**328,000**

Avg. annual # of  
drowsy driving  
crashes on U.S.  
roadways

**CRASHES**

# The Issue



- Nearly 30% of employees say they are unhappy with the quantity of their sleep
- More than 75% say they are tired many days of the week
- 15% say they doze off during the day at LEAST once a week

# How Does Fatigue Affect the Workforce?

- Decreases a worker's ability to think clearly
- Make informed decisions
- And be a safe and productive worker



# Are Your Employees Driving Well Rested?

- 35% of adults in the U.S. sleep for less than 7 hours in a given 24-hour period
- 12% sleep for less than 5 hours
- 31.5% admitted to driving within the past 30 days when they were so tired that they had trouble keeping their eyes open



# This is the Problem

- 7% of all crashes in which a vehicle was towed
- 13% of all crashes that result in hospital admission
- 16-20% of all fatal crashes



...involve a drowsy driver

# The Cost

Lost productivity due to fatigue is costing American businesses about **\$136 million** annually



# People will Give up Sleep for

- Work
- Family
- Watch a good movie
- Entertainment



# What Can Employers Do?

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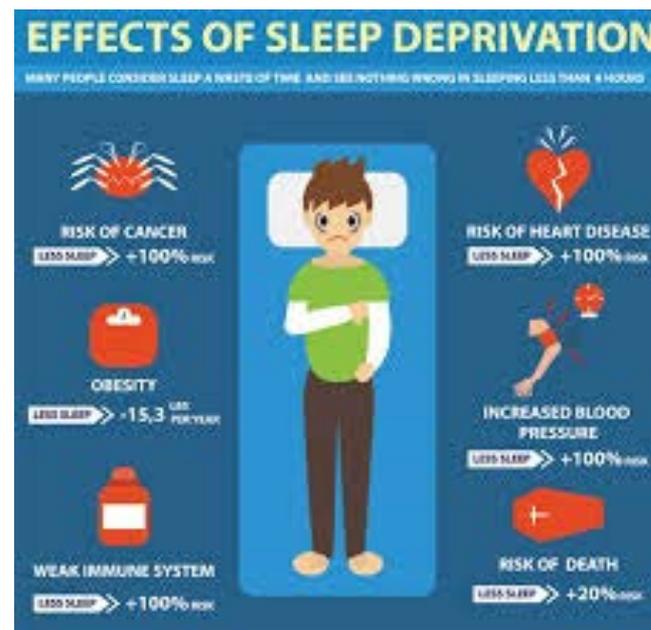
[minnesotasafetycouncil.org](http://minnesotasafetycouncil.org)

# Make Fatigue a Priority Workplace

- To save lives
- Minimize risk of life-altering injuries
- Protect your most valuable asset – your employees

# Lack of Sleep can Lead to Increased Risk

- Obesity
- Diabetes
- High Blood pressure
- Coronary heart disease/stroke
- Poor mental health

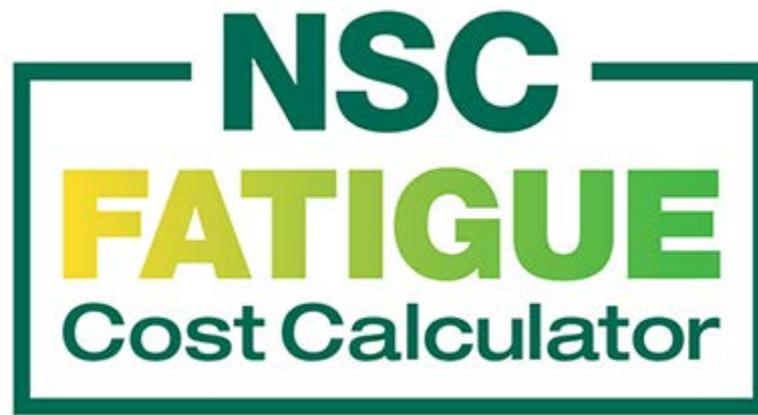


# Employee Wellness Programs

- Sleep management can be taught in organizations, just as time management and communication skills are.
- Implement a policy that details the signs of fatigue and strategies for managing it
- Make drowsy driving a year-round priority providing resources how to prevent it
- Help prioritize sleep by ensuring employees are using vacation time



- Restrict email servers from sending emails after a certain time of day or on weekends
- Create schedules that minimize shift rotation and overtime and allow adequate time for rest
- Napping rooms
- Predictable time off
- Smart technology that improves sleep management



**How much is fatigue costing the workplace?** The National Safety Council has teamed with Brigham and Women's Hospital to develop an easy-to-use online tool, where employers can receive a tailored estimate of how much fatigue is costing their bottom line. The calculator will estimate how much of the burden can be avoided with programs implemented in the workplace.

<https://www.nsc.org/forms/real-costs-of-fatigue-calculator>

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