

Center for Work and Fatigue Research PPOP

What are our priorities?

The National Institute for Occupational Safety and Health (NIOSH) Center for Work and Fatigue Research (CWFR), launched in May 2020, collaborates with other government agencies, industry, labor, safety professionals, and scientific researchers. Through these partnerships, the CWFR focuses on:

- Raising awareness of various sources of worker fatigue
- Identifying effective methods of assessing fatigue-risk in workplaces
- Reducing health and safety risks associated with workplace fatigue

What do we do?

- Develop educational and informational resources to raise awareness of factors that contribute to fatigue, the associated health and safety risks, and evidence-based fatigue-mitigation strategies for employers and workers.
- Establish and cultivate national and international partnerships to conduct multi-disciplinary research and disseminate study findings with greater synergy and impact.
- Evaluate effectiveness, feasibility and acceptability of fatigue monitoring and detection technologies, educational materials, and organizational strategies to better understand the benefits and challenges of various methods to reduce workplace fatigue.
- Promote a holistic approach to managing fatigue in the workplace that recognizes various sources of fatigue. This includes development of guidance and recommendations to manage risks, provision of educational and informational resources, non-punitive reporting, and feedback mechanisms to ensure methods remain effective.
- Actively disseminate new findings and knowledge through various communication channels to reach different worker and employer audiences (e.g., NIOSH Director's Seminars, Social Media, Science Blogs) for greater outreach.

What have we accomplished?

- Published [guidance](#) for workers and employers to manage workplace fatigue and work safely during COVID-19.
- Developed 3 Science Blogs on COVID-19 topics that were translated into several languages and shared with OHS agencies in Brazil, Japan, Europe, and South Africa:
 - [Managing Fatigue for Healthcare Workers During Times of Crisis](#)
 - [Tips to Improve Your Sleep When Times are Tough](#)
 - [COVID-19 and Worker Fatigue: Lessons Learned and Mitigation Strategies](#)
- Presented "COVID-19 and Fatigue: Implications for the workplace" at the National Safety Council Young Professionals Meeting; Manufacturing Monday's Seminar; and Wholesale, Retail Trade Seminar.
- Hosted a [NIOSH Director's Seminar on Work and Fatigue](#): "Fatigue mitigation in EMS – Let's talk about evidence, tailored recommendations, and a focus on worker health".
- Presented "Workplace fatigue and fatigue mitigation strategies" for the American Occupational Health Conference digital sessions.
- Partnered with the [NIOSH Center for Motor Vehicle Safety](#) and [NIOSH Center for Direct Reading and Sensor Technologies](#) to develop communications materials, conduct research studies about fatigue monitoring and detection devices, and publish the science blog: [Choosing the "right" fatigue monitoring and detection technologies](#)

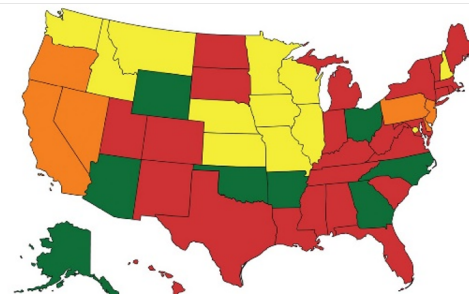
What's next?

- Publish a thematic journal issue of emerging concerns in workplace fatigue and effective solutions specific to various industry sectors.
- Publish an article on an Industrial Hygiene approach to the anticipation, recognition, and evaluation of workplace fatigue.
- Develop online training and podcasts with tips for employers and workers to manage fatigue during challenging times.
- Develop communication products about considerations and innovations in fatigue monitoring and detection technologies.
- Partner with US Department of Transportation, Volpe Center, to develop communication and educational products about risk of fatigue with automated and assisted driving.

At-A-Glance

The Center for Work and Fatigue Research aims to improve health and safety of workers by reducing workplace fatigue. This snapshot shows recent accomplishments and upcoming work.

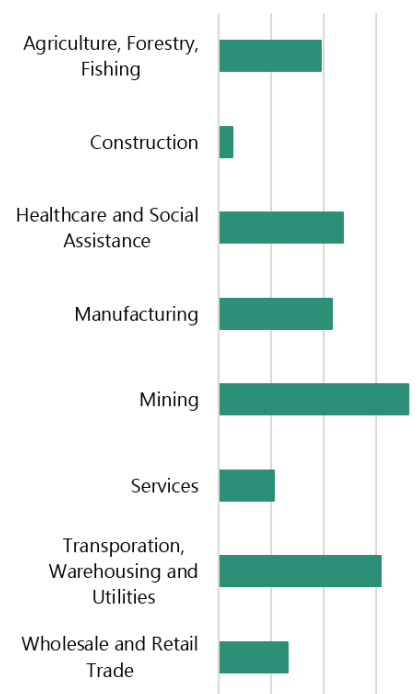
Drowsy Driving Laws



- No drowsy driving laws
- Existing drowsy driving laws
- Drowsy driving coverage in another statute
- Sleep disorders included in broader "lapse-of-consciousness" legislation

Source: Bhat et al. J Clin Sleep Med 2019

Percent of Night Shift Workers* in the US



*Work between 1am and 5am in past 30 days.
Source: NHIS Occupational Health Supplement (NHIS-OHS), 2015

To learn more, visit
<https://www.cdc.gov/niosh/topics/fatigue/center.html>
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Centers for Disease Control and Prevention
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