

Workers Memorial Day — April 28, 2012

Workers Memorial Day recognizes those workers who have died or sustained work-related injuries or illnesses. In 2010, a total of 4,547 U.S. workers died from occupational injuries (1), and each year, approximately 49,000 deaths are attributed to work-related illnesses (2). For 2010, the Bureau of Labor Statistics reported that approximately 3.1 million workers in private industry and 820,000 in state and local government had a nonfatal occupational injury or illness (3). In 2010, an estimated 2.7 million workers were treated in emergency departments for occupational injuries and illnesses, and approximately 110,000 were hospitalized (CDC, unpublished data, 2012).

Economists are working to calculate the costs associated with occupational injuries and illnesses in the United States. Recent research estimates the cost of fatal injuries at \$6 billion and the cost of fatal illnesses at \$46 billion. Nonfatal injuries and illnesses are estimated to cost \$186 billion and \$12 billion annually (4). Additional information on workplace safety and health is available from CDC at <http://www.cdc.gov/niosh>.

References

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3. Bureau of Labor Statistics, US Department of Labor. Economic news release: workplace injury and illness summary. Washington, DC: US Department of Labor, Bureau of Labor Statistics; 2011. Available at <http://www.bls.gov/news.release/osh.nr0.htm>. Accessed April 19, 2012.
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Short Sleep Duration Among Workers — United States, 2010

Insufficient sleep can have serious and sometimes fatal consequences for fatigued workers and others around them (1–3). For example, an estimated 20% of vehicle crashes are linked to drowsy driving (3). The National Sleep Foundation recommends that healthy adults sleep 7–9 hours per day. To assess the prevalence of short sleep duration among workers, CDC analyzed data from the 2010 National Health Interview Survey (NHIS). The analysis compared sleep duration by age group, race/ethnicity, sex, marital status, education, and employment characteristics. Overall, 30.0% of civilian employed U.S. adults (approximately 40.6 million workers) reported an average sleep duration of ≤6 hours per day. The prevalence of short sleep duration (≤6 hours per day) varied by industry of employment (range: 24.1%–41.6%), with a significantly higher rate of short sleep duration among workers in manufacturing (34.1%) compared with all workers combined. Among all workers, those who usually worked the night shift had a much higher prevalence of short sleep duration (44.0%, representing approximately 2.2 million night shift workers) than those who worked the day shift (28.8%, representing approximately 28.3 million day shift workers). An especially high prevalence of short sleep duration was reported by night shift workers in the transportation and warehousing (69.7%) and health-care and social assistance (52.3%) industries.

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