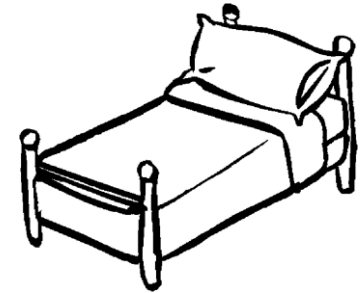


What's Sleep Got to Do with It?

OHBA Wellness Pages



- Too little sleep causes:
 - ✓ Accidents, incidents and errors
 - ✓ Health problems
- Lifestyle and work can both influence:
 - ✓ How much we sleep
 - ✓ How well we sleep

A 35 year old truck driver fell asleep at the wheel, causing a crash that killed a passenger in another vehicle. Multiple other vehicles were involved in this accident and charges were pressed against the truck driver.

We know that too little sleep can cause accidents. We also know that too little sleep, or sleeping at the wrong time, can add to health problems like obesity and high blood pressure. There are things that organizations can do to help employees increase how much sleep they get.

So here are some ways we can improve our sleep.

- Share information at your workplace about the importance of sleep and of good sleep hygiene practices.
- Discuss lifestyle choices or behaviors that help promote our ability to sleep, such as:
 - ✓ Establish a regular and relaxing bedtime routine.
 - ✓ Avoid exercising, or ingesting caffeine or alcohol too close to bedtime as these will prevent or disturb sleep.
- For supervisors, think about ways your company can change shift or overtime requirements, or support 'power naps' at work so employees get the sleep they need.

ACTION PLAN

- How much sleep do you get most nights?
 - ✓ Consider self-monitoring your bed and wake times, or use an app to monitor sleep for one week. Then set up a goal to prepare and go to bed earlier and at more regular times for one week to get more sleep.
- Have you ever had a "near miss" that you think was related to being tired?
- Brainstorm hazards for poor sleep and fatigue in your workplace.
- Are there things you have found that helps you get more regular sleep?



The information we provide is not intended to include all possible safety measures and controls. In addition, the safety information we provide does not relieve the Members of its own duties and obligations with regard to safety concerns, nor does Oregon Home Builders Association guarantee to the Members or others that the Member's property, job sites and/or operations are safe, healthful, or in compliance with applicable laws, regulations or standards. The Members remain responsible for their own operations, safety practices and

procedures and should consult with legal counsel as they deem appropriate.

WELLNESS PAGE MEETING GUIDE

Topic: What's Sleep Got to Do with It?

Project: _____ Address: _____

Date: _____ Time: _____ Shift: _____

Number in crew: _____ Number attending: _____

Safety or Health issues discussed. Include recent accident investigations and hazards involving tools, equipment, the work environment, work practices and any Safety or Health recommendations:

Follow up on recommendations from last safety meeting:

Record of those attending:

Name: (please print)	Signature:	Company:
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		
11.		
12.		

Supervisor's remarks: _____

Supervisor: _____ (Print) _____ (Signature)