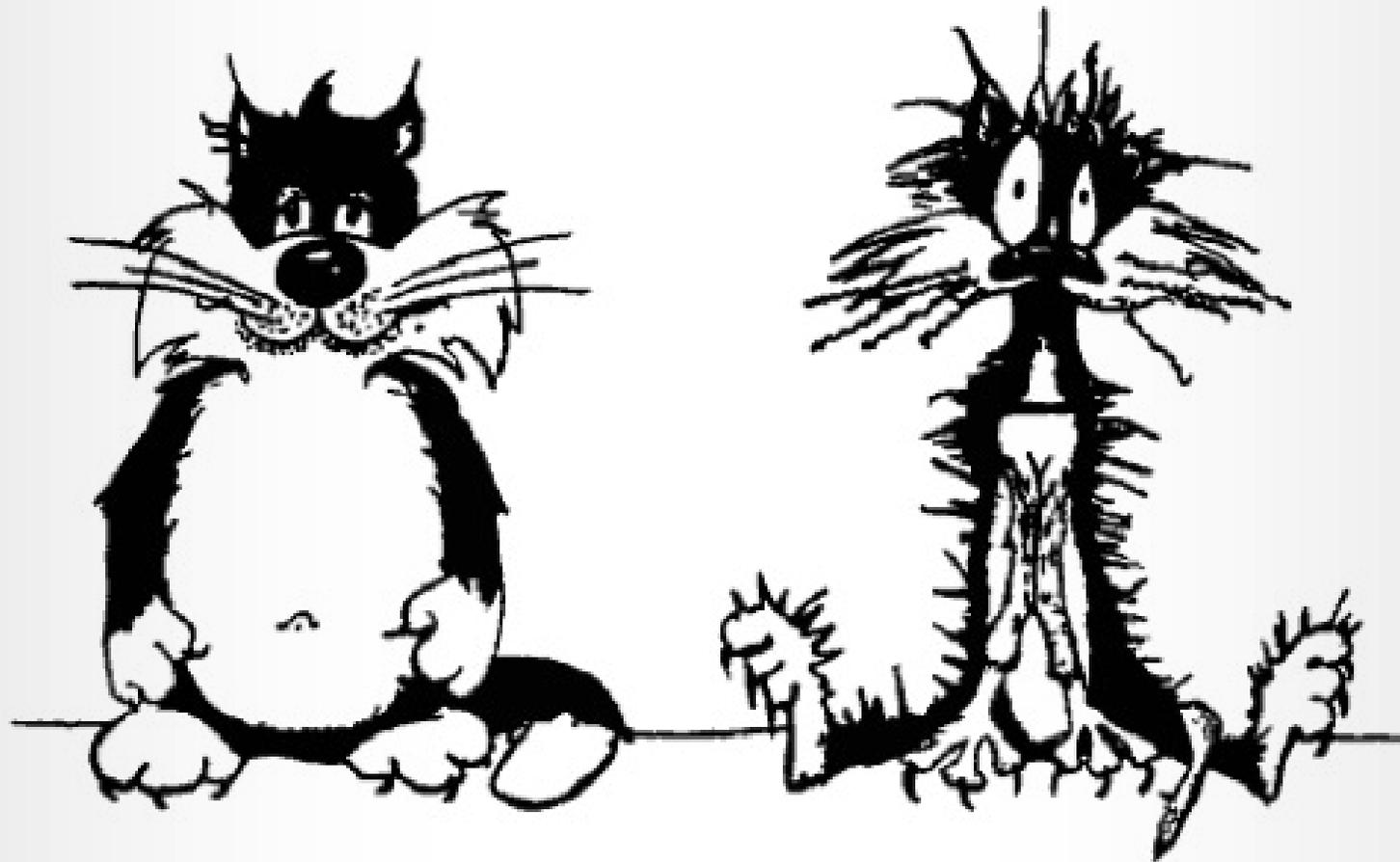


SPOT THE HAZARD

PRACTICE SAFE SLEEP!
WITH SYLVIA!



MiNDBODY
WORKS



Before Work

After Work

FATIGUE

- IT IS ESTIMATED THAT FATIGUED WORKERS IN THE WORKPLACE COST COMPANIES APPROXIMATELY \$18 BILLION PER YEAR IN THE UNITED STATES
- IN CANADA, IT IS ESTIMATED THAT EMPLOYERS LOSE \$330 MILLION ANNUALLY IN LOST PRODUCTIVITY DUE TO FATIGUE
- 78% OF EMPLOYEES REPORT THEY GO TO WORK AT LEAST ONE DAY A WEEK FEELING OVER TIRED

WHAT ARE THE SIGNS?

- WEARINESS/TIREDNESS/SLEEPINESS
- IRRITABILITY
- DEPRESSION
- LACK OF MOTIVATION
- PHYSICAL PAIN
- DECREASED APPETITE
- INCREASED RISK OF ILLNESS



WHO CARES?

CONSIDERED A WORKPLACE HAZARD:

- REDUCED
 - DECISION MAKING ABILITY
 - ABILITY TO DO COMPLEX PLANNING
 - PRODUCTIVITY
 - ATTENTION SPAN
 - ABILITY TO HANDLE STRESS
 - REACTION TIME, MEMORY AND JUDGEMENT

- INCREASED
 - INCIDENTS
 - RISK-TAKING
 - SICK TIME/ABSENTEEISM
 - TURNOVER
 - MEDICAL COSTS

WHEN YOU GO TO WORK TIRED; YOU ARE
IMPAIRED!

WHO'S AT RISK?

- EVERYONE IS AT RISK
- ESPECIALLY:
 - SHIFT WORKERS
 - NIGHT SHIFT WORKERS
 - VARIABLE/ODD HOURS
 - ON CALL WORKERS
 - REGULAR OVERTIME



WORK RELATED FACTORS

- EXTENDED HOURS/SHIFT WORK
- DECREASED TIME FOR REST BETWEEN SHIFTS
- EARLY OR LATE SHIFTS
- JOB DESIGN
- OVERTIME
- WORKING A SECOND JOB

NON-WORK RELATED FACTORS

- EXTENDED COMMUTING TIMES
- HEAVY FAMILY, SOCIAL AND/OR COMMUNITY COMMITMENTS
- EMOTIONAL ISSUES
- AGE
- POOR HEALTH
- POOR FITNESS LEVEL

WHAT CAN YOU DO?

EMPLOYER STRATEGIES – F.R.M.P.

- LIMIT OVERTIME
- POLICIES FOR SECOND JOBS
- LIMIT CONSECUTIVE NIGHT SHIFTS/END NIGHT SHIFTS BY 8 AM
- EXPLORE USE OF SHORT NAPS IF WORK ALLOWS – PRODUCTIVITY?
- ADEQUATE COVERAGE
- WORKING CONDITIONS/PHYSICAL ENVIRONMENT

WHAT CAN YOU DO (CONT.)

THINK OUTSIDE THE BOX

- ON SITE EXERCISE
- ON SITE ACCESS TO FOOD AND WATER
- EDUCATION (NUTRITION, STRESS MANAGEMENT, INJURY PREVENTION ETC...)

WHAT CAN YOU DO (CONT.)

EMPLOYEE STRATEGIES

- STAY HYDRATED
- EXERCISE
- STRESS MANAGEMENT
- MOVEMENT BREAKS
- IMPROVE QUALITY OF SLEEP

SWEET DREAMS

- ROOM TEMPERATURE BETWEEN 60 AND 67 DEGREES F
- AVOID ALCOHOL, CAFFEINE, TOBACCO FOR AT LEAST TWO HOURS BEFORE BED
- EPSOM SALT BATHS
- ROOM DARKENING – BLINDS, LIGHT SOURCES
- WHITE NOISE
- CARBS + DAIRY = RELAXATION
- AVOID LARGE, LATE MEALS
- MEDITATION
- AVOID SCREENS AT LEAST TWO HOURS BEFORE BED
- EXERCISE
- GO TO BED WHEN YOU'RE SLEEPY!

GET ENERGIZED



ACUPRESSURE



ACUPRESSURE (CONT.)



INVERSION



RIGHT NOSTRIL BREATHING



BALANCE BLOOD SUGAR



ESSENTIAL OILS



THANK YOU!

QUESTIONS? COMMENTS?

FIND ME AT

WWW.STRESSEDOKILL.ME OR EMAIL SYLVIA@STRESSEDOKILL.ME

The logo for Mindbody Works features the word "MiNDBODY" in a bold, black, sans-serif font. Above the letter "i" in "MiNDBODY" is a small orange icon consisting of three curved lines radiating upwards. Below "MiNDBODY" is the word "WORKS" in a smaller, black, sans-serif font.

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