

Sleep Deprivation

Research suggests that most adults need seven to nine hours of sleep each day. Sleep deprivation (not getting enough quality sleep) can contribute to poor health, problems with mood, learning ability and judgment.

Without enough sleep, your body and body systems will not function properly. Lack of sleep can also reduce productivity and efficiency. Long-term sleep deprivation increases the risk of depression, obesity and diseases of the heart or blood vessels.



Effects of Sleep Deprivation at Work

Sleep deprivation can result in the following at work:

- Increased risk of accidents when operating cranes or driving mobile equipment.
- Poor communication.
- Declining performance due to lower levels of alertness and slow response time.
- Poor thinking and memory.
- Inappropriate behaviour.

Legal Requirements

There is no legal requirement for the amount of sleep a worker must have before coming to work. However, workers must not work while impaired due to sleep deprivation, substance use or other causes.

Sleep deprivation can affect a worker's safety and on-the-job performance in a similar way to impairment from substance use. And an impaired person can put their co-workers and the public at risk of injury, too.

Tips for Preventing Sleep Deprivation

- Avoid drinking caffeinated beverages past lunchtime or limit your caffeine intake.
- Go to bed at the same time each night and wake up at the same time every morning.
- Stick to your sleep schedule even on weekends and holidays.
- Relax in the hour before bedtime.
- Avoid heavy meals and reduce alcohol intake before bedtime.
- Refrain from using electronic devices near bedtime.
- Exercise regularly.
- Talk with your doctor if you have trouble getting enough sleep on a regular basis. Some medical conditions can interfere with sleep.

Workers Compensation Act Reference:

[Section 22](#)

OHS Regulation References: [4.19](#) and [4.20](#)

Project: Address:

Employer: Supervisor:

Date: Time: Shift:

Number in crew: Number attending:

Other safety concerns or suggestions:

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Record of those attending:

Name: (please print)	Signature:	Company:
1.		
2.		
3.		
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13.		
14.		
15.		

Manager's remarks:

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Manager: Supervisor:

(Signature)

(Signature)

For more information on health and safety requirements for crane operations in B.C., refer to the *Workers Compensation Act* and the OHS Regulation at worksafebc.com.