



DAY 6 - SLEEP & FATIGUE MANAGEMENT

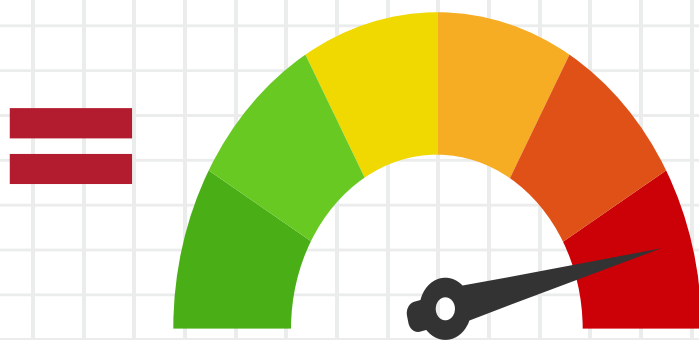
WHY THIS IS IMPORTANT:

Sleep is foundational to performance, safety, and long-term health.

RISKS TO FIREFIGHTER HEALTH AND SAFETY

Sleep deprivation and fatigue are critical safety risks. Driven by shift work, nighttime calls, and circadian rhythm disruption, poor sleep impairs:

- Decision making
- Reaction time
- Physical performance
- Mental health



Result:
Increased injuries, errors,
and long-term disease

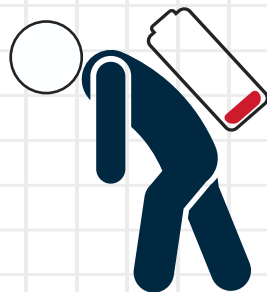
FIREFIGHTER SLEEP & FATIGUE RISKS



- 5–6 hours of sleep on duty (below recommended levels)
- Up to 70% chronically sleep deprived
- Fatigue = higher injury risk + slower reaction time
- Linked to CVD, obesity, and mental health challenges
- Shift work = probable carcinogen

DID YOU KNOW?

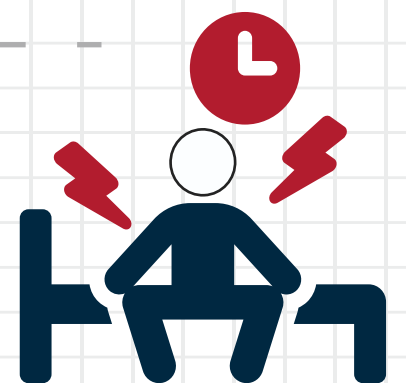
• Fatigue impacts performance like alcohol



• 17+ hours awake = 0.05% Blood alcohol content (BAC)



Sleep deprivation increases risk for:



- Cardiovascular disease
- Depression & anxiety
- Injuries and near-misses

Sleep is one of the MOST effective ways to improve readiness

KEY FOCUS AREAS

Improving sleep = immediate & long-term gains in safety & readiness

1. SLEEP HEALTH & FATIGUE EDUCATION

Limited training on sleep and recovery.

ACTION:

- Sleep hygiene
- Circadian rhythm education
- Fatigue countermeasures

2. SHIFT SCHEDULING & WORKLOAD

24-hour shifts + nighttime calls disrupt recovery.

ACTION:

- Shift timing
- Call distribution
- Staffing models

3. STATION SLEEP ENVIRONMENT

Noise, light, & alarms reduce sleep quality.

ACTION:

- Reduce noise
- Improve lighting
- Upgrade sleep spaces
- Modify alarms

4. FATIGUE RISK MANAGEMENT

Few formal fatigue systems.

ACTION:

- Monitor fatigue
- Set recovery policies
- Train on fatigue impairment

5. SLEEP DISORDER SCREENING

Sleep apnea & insomnia are common & under-diagnosed.

ACTION:

- Include sleep in medical evaluations
- Provide treatment pathways
- Ensure follow-up



LEARN MORE



NFPA 1580:
Occupational
Health & Wellness



CDC/NIOSH:
Shift work &
fatigue



Safety Stand
Down website



OSHA:
Worker fatigue
hazards



BOTTOM LINE

Sleep is not optional—
it is operational.

**BETTER
SLEEP** =

1 Safer firefighters

2 Better performance

3 Healthier long-term

