



## EAGOSH Recommendation No 8 Improvement of occupational alertness

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### EAGOSH-Recommendations to improve occupational alertness

- EAGOSH aims at reducing sleepiness in handling passengers, goods and aircrafts for safety reasons
- EAGOSH will address the hazards of sleepiness at the workplace which is a frequent cause of work accidents and bad quality of work

## EAGOSH warns that Sleepiness

- is a multiple risk at the workplace
- causes hazards for individual employee's and public safety and health
- induces secondary costs for the employer due to accidents and absenteeism
- often occurs as a consequence to extended work hours or shift-work
- is due to a deficit in sleep duration or to non-restorative sleep

## EAGOSH warns that Sleepiness

often is related to a lack of

- knowledge about potential risks
- information about individual needs for rest and sleep
- appropriate sleep-work habits

## Strategy of Consequences

Improving alertness at the work place includes attention and activities at the employer's and at the employee's side.

EAGOSH recommends preventive strategies on both sides.

## EAGOSH-Recommendations for shift-workers: helpful strategies

1. Short breaks throughout the shift
  - Power naps during night shift if possible
  - Exercising during breaks
  - Healthy snacks avoiding foods that may upset the stomach
2. Caffeinated beverages preferably early in the shift, before 3 a.m. for the night worker
3. Avoiding boring tasks during the last night shift hours: drowsiest period around 4 a.m.
4. Cooperation and support between co-workers
  - lookout for signs of drowsiness in each other
5. Exchanging ideas among colleagues about how to cope with the problems of shift work

## EAGOSH-Recommendations for employers: prevention of sleepiness

1. Educating managers and shift workers about the need for sleep and the hazards of sleepiness
2. Keeping attention about employee safety going to and from work.
  - Encourage the use of carpools and public transportation
3. Installing bright lights in the work areas
  - A well-lit workplace signals the body that it is time to be awake and alert
4. Providing facilities with healthy food choices
5. Shift schedules that allow sufficient breaks and days off
  - especially for workers re-assigned to different shifts
6. Developing a napping policy
  - Providing a sleep friendly space and time for scheduled employee naps
  - A short break for sleep can improve alertness, judgment, safety, and productivity

## EAGOSH-Recommendations to improve occupational alertness

### References

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