



SAFETY TIP OF THE WEEK

FOR THE CONSTRUCTION INDUSTRY



Company _____ Date _____

To encourage all of us to promote safety on a continuing basis, the Builders Exchange publishes a safety tip in each issue of the weekly Bulletin. The superintendent/foreman of each job should use this safety tip in a short safety meeting Monday morning. We suggest that this 5-to-10 minute meeting be just before lunch or perhaps right after the morning break. You can then emphasize the SAFETY TIP OF THE WEEK all week long.

ARE YOU GETTING ENOUGH SLEEP?

Week Ending 11/30/18

Although it's recommended that adults get seven to nine hours of sleep a night, multiple factors may contribute to workers being sleep-deprived. These include shift work, work hours, job stress and physically demanding work.

Additionally, societal factors such as round-the-clock access to technology and the pressure to work harder has increased work hours, and thus also led to an increase of short sleep among U.S. adults. So, what can workers do to get better sleep?

Although you may not be able to control all of the factors that hinder a good night's sleep, the Mayo Clinic recommends adopting certain habits that may help you get better rest:

1. **Follow a sleep schedule.** Do your best to go to bed at the same time – including on weekends. Being consistent will help reinforce your sleep-wake cycle. If you can't fall asleep after about 20 minutes, do something relaxing until you feel tired.
2. **Be mindful of what you eat and drink.** Don't go to bed when you feel hungry or overly full. Avoid nicotine, caffeine and alcohol before bed.
3. **Create a tranquil sleep environment.** Keep your bedroom cool, dark and quiet. Avoid looking at light-emitting screens before bed, and consider using room-darkening shades, earplugs or a white noise machine to help you sleep.
4. **Reconsider naps.** Taking long naps during daylight hours can limit nighttime sleep, so if you must nap, limit it to 30 minutes or less. (However, if you work a night shift, you might need to take a nap before work to help make up for lost sleep.)
5. **Stay active.** Regular exercise can help promote better sleep, and spending time outside may be helpful, as well.
6. **Try not to stress.** If worries are keeping you awake, write them down and set them aside for the next day.

Special Topics for this Job: _____

MSDS # _____ Reviewed – Title: _____

Present at Meeting:

Supervisor's Signature: _____

Note: These SAFETY TIPS OF THE WEEK are to help members provide a safe workplace and to instruct employees in ways to prevent accidents. Ensure you record the names of those who attend your safety meetings, and file this form with your permanent accident prevention records.