



Risk management tips

Addressing fatigue among camp staff

As the ACA's Healthy Camp Study identified, fatigue is one element that has a contributing factor to injuries and illnesses at camp. According to the National Safety Council (NSC), approximately 15.5 million shift workers face the unique challenges that come with working unconventional hours. While there are many ways to deal with fatigue, the NSC offers the following recommendations to help your staff achieve a well-rested night's sleep:

- Follow a consistent sleep schedule, even on days off and weekends, so your body can become accustomed to your required sleep patterns.
- Create a healthy sleep environment, which includes a good mattress, a quiet room with dark blinds, and ear plugs.
- Make sure friends and family know your hours so you are not interrupted during the time you need to sleep.
- Develop a routine to help you unwind and signal your body that it is time to sleep, such as a warm shower or bath before bedtime.
- Avoid caffeine, nicotine, and alcohol before bed.
- While at work, do not schedule mundane tasks for times when you are likely to be most tired.
- Talk with co-workers about their sleep strategies and challenges to come up with additional ideas that may work for you.
- Whenever possible, try to carpool or take public transportation to work to avoid the risk of driving fatigued. Share driving responsibilities for off-site trips.



The Healthy Camp Study Impact Report is now available at www.ACAcamps.org/research/enhance/reduce-injury-illness.

If you have a safety or risk management question or a suggestion for a topic, please contact Markel's Risk Management Department at safety1st@markelcorp.com.