



Interlake School Division Safety First Newsletter

March 10, 2016

SAFETY RESTS WITH YOU (NO PUN INTENDED)

THE FOUR STATES THAT PRECEDE INCIDENTS

This Edition Featuring: Fatigue



Recall that the last edition featured Complacency. As we return to Daylight Saving Time (DST) and clocks springing forward Sunday night, it seems logical to discuss Fatigue with a sleep deprived School Division.

We are much more concerned with overall Fatigue, i.e. sleep deprivation, than with one sleep reduced night. That said, if a person is subjected to even a single sleep reduced night, performance and safety can suffer – that additional missed hour on top of a potential existing sleep deficit - might just be the tipping point.

Lack of sleep can lead to depression in some cases. The Journal of Youth and Adolescence conducted a study on around 30,000 high school students. It was found that for each hour of sleep deprivation, risk of suicide risk increased.

As a matter of fact, lack of sleep is linked to just about every mental health disorder – often at least as an exacerbating factor.

Return to DST

Continued.....

REMEMBER



**Clocks
go
AHEAD
1 HOUR
THIS**

**MARCH
13TH**

SUNDAY

*** Please Share ***

1. Lack of sleep has serious effects on the brain's ability to function
2. There have been a number of studies linking Daylight Savings Time to an increase in automobile accidents and workplace incidents and injuries.
3. The 2009 Journal of Applied Psychology study that came to the conclusion that workers who arrived at work with 40 minutes less sleep, experienced 5.7 percent more workplace injuries in the week directly following the springtime daylight saving transition than during any other days of the year. The researchers attribute the injuries to lack of sleep, which might explain why the same effect **did not pop up in the autumn when workers gained an hour of sleep.**
4. The biggest effects seem to be on the Monday and Tuesday following the change in the clock.
5. Recognise this lost hour by going to bed at least an hour early on Sunday night. You're not being short changed. You'll get it back in the autumn, no worries.

Safety Rests With You

This Edition Featuring: Fatigue

Think back to the first couple of days of that last well deserved vacation. Remember how your mood improved, you seemed to think a little more clearly, your appetite was healthier and your energy level increased?

By themselves, those indicate you were likely in a sleep deficit. If you doubt this, take a little non vacation time quiz:

Do you require an alarm clock?

Do you hit “snooze,” more than once?

Do you wake up tired / irritable?

Do you find yourself muttering that line from Downton Abbey – It would be wonderful to get up when you’re actually finished sleeping?



A Good Night’s Sleep – Tips From the Experts

Go to bed at the same time every night, allowing for a minimum of eight to nine hours

No caffeine after midafternoon

Room should be cooler than rest of house

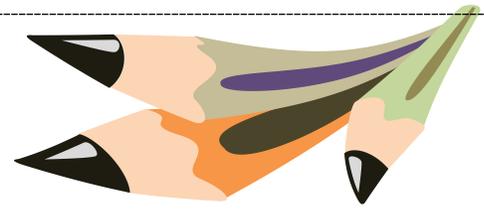
Room should be dark

No “Screens,” as the light can excite the brain

Avoid heavy snacks, sugary drinks, alcohol

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On the flip side, in the morning open the blinds and let the light flood the room. Submit to your Circadian rhythms.



Welcome Aboard

Sleep-deprived individuals often have difficulty in responding to rapidly changing situations and making rational judgements. Experts believe and it’s been proven in the lab that "allowing pilots to get dangerously fatigued is like permitting pilots to fly when they are drunk".

Just last year, 16 passengers on an Air Canada flight were injured as a result of pilot fatigue. The co-pilot woke disorientated from a nap and, believing that the plane was going to collide with another aircraft, put the jet into a nosedive towards the Atlantic, before the Captain regained control. What the co-pilot thought was another plane, was actually the planet Venus.

Train operators in Canada’s rail industry report falling asleep at the controls and coming to work exhausted at an alarmingly high rate.

In 2009, TSB took a close look at a collision between two CP freight trains in North Portal, Sask. Eight tanker cars of gasoline collided with train cars carrying automobiles, derailed and damaging a locomotive and 24 cars. Fortunately, no one was hurt.

They discovered the engineer had worked 28 shifts in the previous 30 days. All within the existing “work/rest” rules, but each shift started at a different time of day. A “bio-mathematical” analysis (sleep audit) of the operator’s rest over the previous 30 days was conducted. It concluded on six different shifts he would have been so fatigued, it was comparable to being intoxicated.

Lack of Sleep and Weight Gain



Lack of sleep not only makes you tired, it can also make you gain some weight. There are two hormones in our body which is responsible for our appetite and satiety.

Ghrelin which increases your appetite and makes you eat more; and Leptin which curbs appetite. Lack of sleep pushes up Ghrelin, driving up the appetite, especially for quick fix energy solutions like carbs.

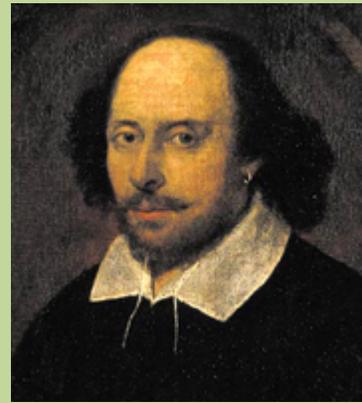
Lack of Sleep and Health



All that Ghrelin, high carb snacks etc. can't be good in the long run.

Lack of sleep also increases the risk of having a heart attack or a stroke. Although, lack of sleep alone is less likely to cause, but when combined with other factors, it can be very dangerous. Sleeping less increases your sympathetic tone, which increases the level of stress hormones in your body and can cause heart attacks or stroke.

Think On This:



"O SLEEP, O GENTLE SLEEP, NATURE'S SOFT NURSE, HOW HAVE I FRIGHTED THEE, THAT THOU NO MORE WILT WEIGH MY EYELIDS DOWN, AND STEEP MY SENSES IN FORGETFULNESS."

William Shakespeare (1564 – 1616), Henry IV, Part II, Act III, sc. 1

Spring Checklist:

