



PROTECT YOURSELF FROM

# WORKER FATIGUE

**Long Hours. Exertion. Stress.  
How can workers stay safe?**

Across Iowa in industries like construction, manufacturing, and meatpacking, workers are putting in long hours, often in extreme temperatures, while running on little sleep.

Fatigue is about more than just being tired. Left unaddressed, it is linked to injuries and chronic health problems.

Contact the Labor Center to schedule a free workshop on how to identify and address the risks of worker fatigue.

**FREE  
SAFETY  
CLASS**

**Free classes  
until the end of  
2024!**

## New, interactive class for workers.

### What You'll Learn:

- Understand how sleep and fatigue affect health & safety.
- Review up-to-date research on worker injury & fatigue.
- Discuss steps you can take to protect yourself & others.

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UI Labor Center educators will travel to you, at times and locations that are convenient for local workers. Workshops can be one, two, or six hours.

### Contact us

✉ [labor-center@uiowa.edu](mailto:labor-center@uiowa.edu)

🌐 [laborcenter.uiowa.edu](http://laborcenter.uiowa.edu)

📞 (319) 335-4144

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