

Officer Fatigue



Zero Officers Killed or Injured



Officer Fatigue

Police Executive Research Forum Study

- Analyzed
 - Number of hours worked by Officers
 - Regularity of Work Schedule
 - Related accident and on-the-job injury data



Officer Fatigue

- **Law Enforcement Fatigue Statistics**
 - 53% of law enforcement officers average less than 6.5 hours of sleep per night
 - 85% of officers reported inadvertently falling asleep while on duty
 - 54% reported driving drowsy



Officer Fatigue

- Two types of sleep deprivation:
 - Total Sleep Deprivation:
 - Extended periods of wakefulness without sleep
 - Chronic Sleep Deprivation:
 - Restriction of sleep over a period of time.



Officer Fatigue

- Physical Effects of Fatigue
 - Worsened mood: irritability, angry outbursts
 - Decreased Awareness
 - Impaired physical and cognitive functioning
 - Reduced ability to deal with Stress
 - Impulsiveness
 - Microsleep



Officer Fatigue

- **Risks Associated with Fatigue**
 - Driving Behavior
 - 20% of all accidents are associated with fatigue
 - 100,000 accidents a year, 71,000 injuries, 1550 fatalities
 - Costing government and businesses \$46 billion annually
 - Recent research has linked sleep deprivation to alcohol intoxication by evaluating cognitive psychomotor skills
 - 19 hours awake = .05 BAC
 - 24 hours awake = .10 BAC



Officer Fatigue

- **Risks Associated with Fatigue**
 - Health Concerns
 - Change eating and sleeping habits
 - Hypertension
 - Fertility rates
 - Gastrointestinal disorders
 - Decrease productivity and increased absenteeism
 - Stress related disability claims



Officer Fatigue

- **Contributing Factors to Fatigue**
 - Long hours
 - Shift length
 - Shift assignment
 - Commuting
 - Personal circumstances
 - Job demands



Officer Fatigue

Ways to Combat Fatigue

- Review policies, procedures, and practices
 - Shift Scheduling and Rotation
 - Overtime and off-duty employment
 - How the department deals with overly tired employees
- Training
 - Importance of good sleep habits, hazards, and strategies on how to combat fatigue
 - How to recognize signs of fatigue