

# FATIGUE IN THE WORKPLACE: EFFECTS ON HEALTH AND PERFORMANCE AND MEASUREMENT CONSIDERATIONS



David Douphrate, PhD, MPT, MBA, CPE, CSP & Nate Fethke, PhD, CPE  
Southwest Center for Occupational and Environmental Health  
Heartland Center for Occupational Health and Safety  
December 16, 2020 | 12 - 1 PM Pacific | 3 - 4 PM Eastern

Register: [coeh.berkeley.edu/20ew1216](https://coeh.berkeley.edu/20ew1216)

## About the Webinar:

A leading cause of non-fatal work injuries is overexertion and bodily reaction. What is less understood is the role fatigue plays as a contributing factor. Fatigue in the workplace is a multidimensional process that results in diminished worker performance and is often under appreciated and unrecognized. Reducing the incidence of fatigue-induced workplace injuries and lost productivity depends on accurate and timely detection to allow for appropriate intervention. This webinar will present an overview of worker fatigue and how it may be defined, examine ramifications on worker health and performance, and identify measurement considerations.

## Objectives:

Upon completion of the webinar, each participant will

- Discuss the multi-dimensional perspectives and definitions of worker fatigue
- Examine the ramifications of worker fatigue on health and performance
- Identify multiple approaches to worker fatigue measurement

## Speaker Biographies:

Dr. David Douphrate is an Associate Professor in the Southwest Center for Occupational and Environmental Health, Department of Epidemiology, Human Genetics & Environmental Sciences at the UTHealth School of Public Health. Dr. Nate Fethke is an associate professor in the Department of Occupational and Environmental Health at the University of Iowa, where he directs the Ergonomics Training Program within the NIOSH-funded Heartland Center for Occupational Health and Safety.

COHOSTED BY

