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Tired Staff make for a Dangerous and Unproductive Workplace

Ground breaking research has shown that reducing sleep time to six hours or less leads to a marked reduction in alertness. Experts from Europe, America, New Zealand and Australia will come together to present the latest information on "Sleep Loss in the Workplace - Risks and Solutions" at a one-day symposium.

Professor Ron Grunstein, Head of Sleep Research at Sydney's Woolcock Institute of Medical Research and symposium organiser said, "The aim of the symposium is provide people with information on sleep loss, the workplace and an employer's duty of care.

In recent years some companies have been found guilty of breaches of occupational health and safety legislation or been forced to pay substantial damages to those directly or indirectly affected by long work hours. In a few instances, employees rather than employers have been held responsible for sleep loss where it has resulted in them being in, or causing, an accident.

Prof Grunstein said, "By managing or preventing the effects of sleep loss, employers will see a reduction in the likelihood of an accident occurring and an improvement in productivity."

The symposium covered:

- The latest research into shortened and fragmented sleep and the effect this can have on an a person's health and performance;
- Causes of sleep loss, including sleep disorders, such as sleep apnea and insomnia;
- The importance of sleep health in achieving a safe and effective workplace;
- Strategies to prevent and/or manage the health and performance effects of sleep loss in order to improve health, prevent accidents and increase productivity;
- Medico-legal implications of a sleep impaired employee; and
- Sleepiness and driving, including the results of a study investigating Australian truck drivers.

The symposium was held on Monday 13th October, 2003 at the Powerhouse Museum in Sydney. The Symposium booklet can be purchased for \$175.00. To purchase download the [purchase form](#) or call (02) 9515 8710.