

The Cost of Being Tired

Why Fatigue is the Risk No One is Managing

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A Typical Day... Until It Isn't

- Overtime
- Short staffing
- A mistake
- An incident
- A claim

We Investigate the Incident...

But Not the Condition Behind It

Fatigue is an Operational Risk

Not just a personal issue

Fatigue Impacts Performance

- Slower reaction time
- Poor judgment
- Memory lapses

Fatigue Impairs Decision-Making

- Similar to alcohol impairment
- Reduced risk awareness
- Increased errors

Fatigue Increases Risk Exposure

- More workplace injuries
- More vehicle accidents
- More near misses

Fatigue Drives Cost

- Workers' comp claims
- Absenteeism
- Presenteeism

But There's Another Risk...

We Are Not Immune

- High workload
- Constant decision-making
- Exposure to stress

Fatigue Affects Risk Managers

- Decision fatigue
- Slower response
- Reduced strategic thinking

If the Risk Manager is Depleted...

The Risk Strategy is Compromised

Fatigue Can Be Managed

It is predictable and preventable

What Organizations Can Do

- Manage overtime
- Encourage PTO
- Normalize rest

What Risk Managers Can Do

- Set boundaries
- Prioritize decisions
- Manage workload

Simple Changes Matter

- Pause before decisions
- Take short breaks
- Reduce after-hours work

Rest is Not a Luxury

It is a Risk Control

We Manage Risk Every Day

But fatigue...
is the risk no one is managing

Thank you

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Helping organizations manage risk through leadership, strategy, and workforce performance.