



## The relation between shift work, sleepiness, fatigue and accidents in Iranian Industrial Mining Group workers.

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Résumé en anglais	<p>The aim of this study was to examine the rate of fatigue and sleepiness around the shift and non-shift workers and its relation to occupational accidents. This was a cross-sectional study on the workers of Iranian Industrial Mining Group. They included 137 shift workers as the case and 130 non-shift workers as the control. A multi-part questionnaire including demographic characteristics, Piper Fatigue Scale and Epworth Sleepiness Scale were applied. The chi(2) test and t-test were used to measure differences between variables. The mean of PFS scores in the two groups was significantly different (<math>p=0.045</math>), but the difference in the mean of ESS scores was not significant. Shift workers with the reported accident had a higher score on fatigue than shift workers with no accident (<math>p&lt;0.001</math>) whereas the difference in the number of accidents in the two groups was not related significantly to the rate of sleepiness. The rate of fatigue and the number of the work accidents was more in the shift workers. Also, fatigue had a stronger relationship with the occupational accidents as compared to sleepiness. It seems that evaluation of fatigue as compared to sleepiness is a more accurate factor for preventing work accidents.</p>
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