Fatigue & Stress – Landscaping Stats and Facts



FACTS

Key hazards related to fatigue and stress in the landscaping industry

1. **Increased Risk of Accidents:** Fatigue impairs reaction times, decision-making, and focus, significantly increasing the likelihood of accidents involving tools, machinery, or vehicles.
2. **Physical Strain and Overexertion:** Landscaping is physically demanding work. When combined with fatigue, it can lead to overexertion, resulting in musculoskeletal injuries.
3. **Decreased Productivity:** Fatigued and stressed workers often work more slowly and make more errors, leading to decreased overall productivity.
4. **Compromised Immune System:** Chronic stress and fatigue can weaken the immune system, making workers more susceptible to illnesses.
5. **Mental Health Issues:** Prolonged stress can contribute to anxiety, depression, and burnout.
6. **Heat Stress and Dehydration:** Fatigue can exacerbate the effects of working in hot conditions, increasing the risk of heat stress or dehydration.
7. **Increased Turnover and Recruitment Challenges:** High levels of fatigue and stress can lead to increased employee turnover, as workers may leave the industry for less physically and mentally demanding jobs.

STATS

- According to the (AWCBC), in 2018, more than 9,600 lost-time claims were reported due to musculoskeletal disorders, which are often exacerbated by fatigue and repetitive tasks common in landscaping.
- According to the (CCOHS), fatigue is a major factor in workplace safety, contributing to approximately 13% of all work injuries.
- A study by the National Safety Council (NSC) found that fatigued workers are 70% more likely to be involved in workplace accidents.
- The (APA) has reported that stress contributes to approximately 60% of all human illnesses and diseases.
- The landscaping industry is considered one of the higher hazard sectors, with a fatality rate of 25.1 per 100,000 workers, compared to 3.8 for all

industries.

- Landscaping is recognized as one of the most dangerous occupations in the USA, with approximately 13,000 injuries reported annually in the industry.
- A study analyzing 18,037 workers’ compensation claims from 2001 to 2017 found that 3,311 were serious injuries. The percentage of serious injuries increased from 16% to 21% during this period, indicating a growing concern about the severity of injuries, which can be exacerbated by fatigue.
- The U.S. Bureau of Labor Statistics (BLS) reports that overexertion is one of the leading causes of non-fatal workplace injuries, accounting for nearly 25% of all reported injuries across various industries, including landscaping.