

Saskatchewan Employee Fatigue and Lifestyle Survey



<https://www.sasksafety.org/fatiguesurvey.html>

To assist Saskatchewan employers in establishing a baseline with which to evaluate their internal risk of fatigue, the Saskatchewan Safety Council has commissioned the Saskatchewan Employee Fatigue and Lifestyle Study.

This 10-minute online survey, seeks to illuminate personal fatigue related risk factors and their consequences, based on current sleep, work, and lifestyle factors. The study will also provide insight into the level of current knowledge regarding sleep and fatigue science across a cross section of Saskatchewan employers and industries.

Study results will be released as part of the **53rd Saskatchewan Safety Seminar in February 2026.**

This survey has been made possible thanks to the support of WorkSafe Saskatchewan.

WorkSafe Saskatchewan is a partnership of the Saskatchewan Workers' Compensation Board and the Ministry of Labour Relations, Workplace Safety.



Work to live.