



SAFETY

Nebraska Building Chapter

AGC Safety Initiative E-News

October 7, 2020

OUR Safety MISSION: Help each other enforce safety rules to ensure that every person on construction site goes home safe and healthy at end of the workday.

Supplement your safety program with [AGC Nebraska Building Chapter Safety Resources](#). The site offers on-demand, online or on-site training opportunities on a variety of topics; services; regulations and news within our industry. Share this link with team members!

Calendar of Events – [Learn more](#)

[AGC/DBIA Breakfast Meeting--Hybrid Event](#) | October 28, 2020 | 7:30 am - 9:00 am

Due to policy changes at the conference center, we need to confirm attendance EARLY! Register by 10-22!

40 in-seats available or live stream option | Scott Conference Center, Omaha

Save the Date: [Fall Social and Awards Dinner](#) | Thursday, November 5, 2020

COVID-19 pandemic taking a toll on people's sleep: survey

About 3 out of 5 U.S. adults say they're experiencing the worst sleep of their lives during the COVID-19 pandemic, results of a recent survey show. Commissioned by mattress manufacturer Leesa Sleep, marketing research company OnePoll asked 2,000 U.S. adults about the impact the pandemic is having on their sleep schedule and routine. More than two-thirds (68%) said their sleep habits have become increasingly inconsistent, while 63% think their sleep schedules might be permanently disrupted.

Other results:

- 44% of the respondents are staying up later at night because they don't have to commute to work, and almost half get out of bed only 10 minutes before their remote workday starts.
- Among those who work from their bed, nearly 70% have a hard time focusing.
- Respondents working from home average two naps a week during their workdays.

The most common activities the respondents said they do when they're unable to fall asleep are watch TV (45%), snack (34%), meditate (33%) and scroll through social media on their phones (30%). The National Sleep Foundation recommends working-age adults get seven to nine hours of sleep a night, while older adults should get seven to eight hours. Tips to improve your sleep include using an app or wearable device that tracks your sleep. Then, stick to a sleep schedule – even on weekends – and practice a relaxing bedtime ritual.

Safety Initiative Goals:

As an AGC Nebraska Building Chapter member, are you participating with:

- 100% of all AGC members and other contractors on AGC jobsites enforcing OSHA standards as they apply to falls, electrical safety and possible another topic.
- 100% of all AGC members will have set their own company goals to improve safety in their firm and have a way to measure progress towards the goal.
- 100% of all AGC members will encourage and support all contractors on their jobsites to set their own company goals for improving safety.