

# Excessive Fatigue Symptoms Inventory (EFSI)



We used data on Karoshi prodromes listed in investigation reports for worker's compensation claims to develop a new questionnaire for evaluating symptoms of excessive fatigue.



Longer overtime work

Longer daily working times

Greater number of night shifts

Shorter sleep durations

Day trip  
[starting (or ending)  
between 22:00 and 5:00]



**Excessive fatigue symptoms as an early sign of Karoshi**

(Karoshi; overwork-related cerebrovascular and cardiovascular diseases; CCVDs).

# Take-home message

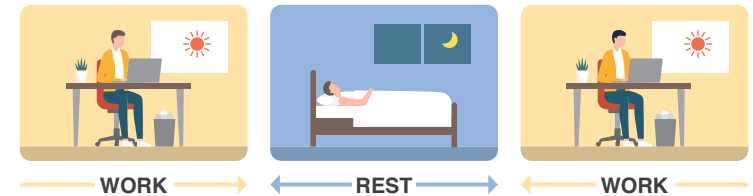
## Healthy Sleep

Ensuring sleep opportunities could be targeted for reducing the potential risks of Karoshi.



## Work interval system

Scheduling working hours to ensure sleep opportunities could be a preventative measure against Karoshi cases.



Shorter sleep duration is associated with potential risks for overwork-related death among Japanese truck drivers : use of the Karoshi prodromes from worker's compensation cases

Tomohide Kubo T., Matsumoto S., Sasaki T., Ikeda H., Izawa S., Takahashi M., Koda S., Sasaki T., Sakai K. 2021 / International Archives of Occupational and Environmental Health volume 94, pages991–1001 / DOI: 10.1007/s00420-021-01655-5

