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News Release
FOR IMMEDIATE RELEASE

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College student fatigue can lead to workplace injuries

Fall 2005 (LANSING, MICHIGAN) -- Work-related injuries caused by fatigue are a real threat to approximately 58% of 16 million young people who enter college this fall and will start a full- or part-time job. Source: National Center for Education Statistics

First-year college students are even more vulnerable with 18- and 19-year-old students being at twice the risk for job-related injuries as compared to adults doing the same work. Sources: National Institute for Occupational Safety and Health, CDC, Scientists Institute of Medicine

Students working full time and going to college or a university full time have nearly doubled from 5.6% in 1985 to 10.4% in 2000. In fact, the total number of hours worked in combination with the number of curriculum credit hours continues to climb across the country.

Number of college students with full- or part-time jobs 9,010,000.

Working 35+ hours/week	1,802,000	20%
Working 24-35 hours/week	2,342,600	26%
Working 16-24 hours/week	2,252,500	25%
Working 1-15 hours/week	2,522,800	28%

Source: National Center for Education Statistics

David Hintz, Accident Fund Safety Adviser said, "We know that exhaustion, not paying attention, poor safety training and poor work habits all play a big role in job-related accidents whether it's part-time campus work, internships or working off-campus. College students are under a lot of pressure — class workload, away from home, unfamiliar surroundings, peer pressure to party late, not getting enough rest or proper nutrition — all combine to increase the risk of job-related injuries for college and university students."

Accident Fund Insurance Company understands that college students work hard at school and on-the-job and is offering some suggestions that can help students avoid job-related injuries due to fatigue.

"Job-related injuries can be twice as problematic for college students who are away from home and the support of their parents and friends. Serious student job-related injuries can result in canceling or postponing your academic endeavors, loss of educational grants, inconvenience to family members and put a burden on financial resources." According to David Hintz, Accident Fund Safety Adviser.



College student safety tips

On-the-job safety tips - Source: Accident Fund Insurance Company

- When you fill out a job application, make sure that you print clearly the name of the person that is to be contacted in case of an emergency.
- Check to make sure you know where the emergency exits are.
- Are fire extinguishers clearly labeled?
- Are fire extinguishers accessible?
- Are the floors clean and free of obstructions and hazards?
- Is there adequate lighting in the hallways, stairwells and workstations?
- Make sure you're trained properly on the equipment and ask questions.
- Always follow the rules and wear all safety and protective equipment.
- Inform your supervisor that you've been injured.
- Seek medical attention for any job-related injury.
- Accurately fill out any work injury paperwork and make a copy for your records.

Taking action to reduce work-related injuries

Accident Fund Insurance Company of America is one of the nation's premier workers' compensation insurance companies, and has committed its resources to educating teenagers, parents and employers on teenager work safety awareness. Currently, Accident Fund is sponsoring PASSES EDGE a 20-city campaign to educate teenagers on risks in the workplace. Accident Fund also pioneered WorkSafe Students; a teenager work safety awareness program in partnership with hospitals and school systems throughout the Midwest.

Headquartered in Lansing, Michigan, Accident Fund is one of the nation's leading Workers Compensation insurers, operating in 42 states and the District of Columbia. The company also provides third party administration services and disability management. Founded in 1912, Accident Fund is rated A (Excellent) by A.M. Best and is a member of Ward's 50 top property/casualty carriers

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