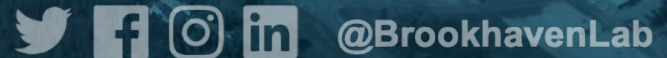




# TAKE FIVE for Safety Shift Work

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# Health and Safety Considerations for Shift Work (Organizational Risk)

- Shift workers and night workers often are tired and sleepy because of their work schedule.
- Being overly tired makes it difficult to concentrate, which increases the possibility of errors or accidents.
- This can be a risk both to the worker and to the organization and its stakeholders.

# Potential for negative health effects to workers

- Sleep Deprivation
- Circadian Rhythm disruption
- Interference with Social and Family Life
- Digestive Effects associated with less regular eating schedules
- Possible Link to Heart Disease

# Examining Shift Schedules

Work Schedule attributes to consider:

- How long a shift might be.
- How many shifts are worked before a rest day.
- How many rest days are on weekends.
- Whether there is overtime or not.
- How much rest is taken between shifts.
- How much rest is taken during the shift.
- Whether the work schedule is regular and predictable or not.

# Suggestions for Optimizing Shiftwork Schedules

- Reduce permanent (fixed or non-rotating) night shift.
- Keep consecutive night shifts to a minimum.
- Reduce quick shift changes.
- Plan some free weekends.
- Avoid several days of work followed by four- to seven-day “mini-vacations.”
- Keep long work shifts and overtime to a minimum.
- Consider different lengths for shifts.
- Examine start and end times.
- Keep the schedule regular and predictable.
- Examine use of rest breaks during shifts.

# Coping Strategies for the Individual

- Get Enough Quality Sleep
- Exercise
- Use Relaxation Techniques
- Be aware of Diet, Caffeine, Alcohol intake

# Basic Information about Sleep and Fatigue

- Most adults need 7 to 8 hours of quality sleep per night;
- Sleep needs vary and may be inherited;
- Some function well on 6 hours or less, but this is not common.
- You've had enough sleep if you:
  - Feel refreshed when you wake
  - Don't feel drowsy during the day
  - Don't need much caffeine during the day
- If you feel the opposite, then you might need more sleep.

# Sources and Additional Reading...

DHHS (NIOSH) Publication No. 97-145-  
Plain Language About Shiftwork:

<https://www.cdc.gov/niosh/docs/97-145/default.html>

NIOSH: Reducing Risks Associated with  
Long Work Hours:

<https://www.cdc.gov/niosh/emres/longhourstraining/sleepfatigue.html>

