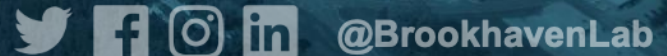




# TAKE FIVE for Safety-Shift Work and Fatigue- NIOSH Guidance Synopsis

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# Worker Fatigue

Decreased alertness from worker fatigue has been a factor in industrial accidents, including:

- the 2005 Texas City BP oil refinery explosion,
- the 2009 Colgan Air Crash,
- the explosion of the space shuttle Challenger and
- the nuclear accidents at Chernobyl and Three Mile Island.

# Scheduling Considerations for Supervisors

- Variables to consider include:
  - How long a shift is.
  - How many shifts are worked before a rest day.
  - How many rest days are on weekends.
  - Whether there is overtime.
  - How much rest is taken between shifts.
  - How much rest is taken during the shift.
  - Whether the work schedule is regular and predictable.
- There is no ideal schedule that fits every situation. Both good and bad points can be found in most work schedules.

# Approaches to Work Scheduling Challenges

Organizational or group approaches include

- redesigning the work schedule,
- redistributing the workload,
- improving the work environment, and
- instituting programs to improve worker awareness.

Individual approaches include

- improved sleep strategies,
- exercise and diet programs, and
- relaxation techniques.

# Managing and Changing Schedules

- Changing a schedule is not easily done and must be handled carefully.
  - Designing a work schedule has a large and immediate impact on all workers.
  - Working hours affect how people arrange the rest of their lives. So any time a work schedule is changed, many aspects of job life and home life must be considered.
- It is recommended that any work schedule change should first be temporary and evaluated carefully.
  - The benefits of the change must outweigh the possible negative aspects.
  - If it really is a change for the better, then it can be established on a permanent basis.
- Because such a change is complex, it is a good idea to consult ergonomics, or human factors, specialists for help in work schedule design and evaluation.

# Conclusion

- Be aware of the effects of fatigue, and group and individual strategies for managing it.
- Also consider change in seasons, length of schedule period, and other uncertainties.
- Many C-AD groups have decades of experience with scheduling shift work.
  - What are some of the “Best Practices” in use by groups and individuals at C-AD?

# Reference

NIOSH: Plain Language About Shiftwork

[Plain Language About Shiftwork \(97-145\) | NIOSH | CDC](#)