



Shift Work and Fatigue

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SHIFT WORK

- What is “Shift Work” and why is it Important?
 - **It is:** Groups of people working together alternating with other groups to create a cohesive and productive workplace 24 hours a day - 7 days a week.
 - **It effects:** Staffing levels, schedules, workload responsibility and morale.
 - **It is important because:** We all deal with shift work - directly or indirectly



Common Negative Effects of Shift Work

- Lack of Communication between staff on different shifts.
- Lack of “Teamwork”.
- Lack of concentration while on duty.
- Potential Unsafe Conditions.
- Stress/fatigue.
- **SHIFT LAG.**



The 4 Hazards of Shiftwork

1. Increased risk of errors & accidents when working or driving at night
2. Insufficient daytime sleep leads to increased fatigue & sleepiness
3. Increase in health problems
4. Increase in social and domestic problems



Negative Effects of Shiftwork

- Upsets the body's circadian rhythm
- May cause disorders of the cardiovascular system
- May cause risk of cancer
- Causes disorders of the GI system



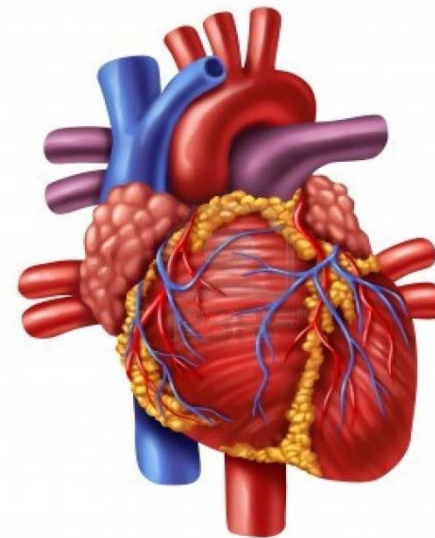
Negative Effects of Shiftwork (cont.)

- Causes sleep deprivation
- Disrupts family and social life
- Reduces workplace safety and alertness



Cardiovascular Disorders

- Heart rate and blood pressure follow a circadian rhythm
- Increase levels of coronary risk factors
- Poor eating habits, lack of sleep
- Shiftwork not absolutely associated with cardiovascular disease





Circadian Rhythms

- Internal Clock
- High activity periods
- Disorientation and fatigue
- Adapting to new schedules

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Gastrointestinal Disorders

- Food not digested as well at night
- Indigestion, heart burn, stomachache, and loss of appetite
- Prepared foods may be greasy and heavy
- Increased snacking on junk food
- Carbonated drinks can irritate the stomach



Sleep Deprivation

- Body designed to sleep at night
- Difficult to rest when body is awake'
- Exposure to daylight makes it worse

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Family and Social Life

- Time with Family reduced
- Difficult to participate in outside activities
- Social interaction is related to physical and mental health
- Feeling of loneliness and isolation



Workplace Safety

- Reduced concentration
- Decreased motivation
- Reduced reaction time
- Fatigue
- Increased risk of accidents and injuries

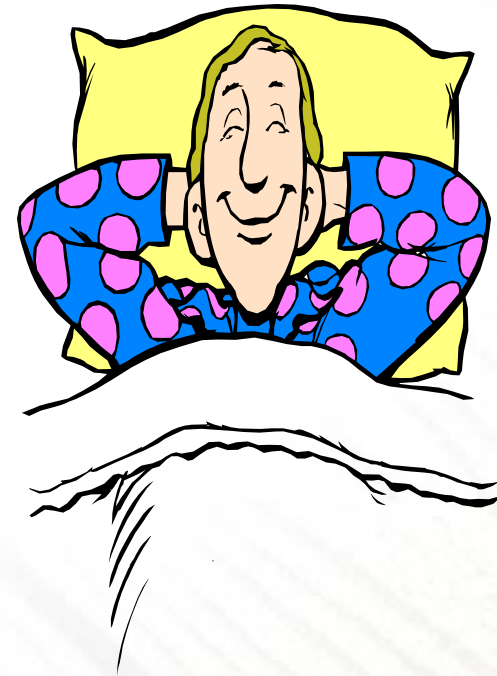
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Tips For Reducing Shift Lag

- **Quality Sleep after shift**
 - Quiet, dark, temperature controlled, comfortable.
- **Extra Exercise**
 - Exercise can make you feel better and reduce stress.
- **Support from Family and Friends**
 - An understanding partner and family does help.
- **Drinking plenty of Fluids**
 - An adequate intake of fluids during your shift will help reduce dehydration.





Fighting Fatigue



- Establish a consistent bedtime routine.
- Engage in physical activity - like walking, biking, swimming, etc.
- Reduce alcohol, caffeine and tobacco intake.
- Eat a well balanced diet. Cut out large or spicy meals late in the evening.
- Get regular checkups and stick with your physician's recommended plan.



Appropriate work conditions

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rest breaks

- Regular rest breaks reduce accidents
- Incorporate movement, stretching or light exercise, social interaction
- A proper meal break away from work duties



work schedule

- Employers should tailor work tasks according to *shift time*; some tasks are not suitable for night shift
- Work tasks should vary during the shift
- Schedule tasks so monotonous, boring, dangerous, and safety critical tasks are done early in the night shift



work environment

- Bright lighting, comfortable temperature, and good ventilation
- Background music may help temporarily
- Appropriate facilities for healthy eating
- Napping facilities

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Summary

- Shift work is a hazard
 - employers and employees have a *duty of care* to control or minimize the hazards
- Mutual responsibility is essential



- *Employers* – duty of care to provide an appropriate work schedule and work environment, and continuing education and training for workers about coping strategies
- *Employees* – duty of care to follow the recommended strategies to manage their sleep, health, and family life

