THANK YOU!

Thank you for attending the safety meeting on the topic of Shiftwork.
As a reminder, here is the material we covered.

The Night People

You've never been one to go along with the crowd. So it makes sense that you have chosen shiftwork to make your living. Shiftwork isn't necessarily easy, but it can create some opportunities not available to day workers.

Many people choose shiftwork because it suits their body rhythms. They are more comfortable working in the evening or overnight than starting in the morning. For others, shiftwork allows them to do other things in the daytime, such as care for their children or pursue an education. Shiftwork premiums are also attractive to some, as well as a different, relaxed work culture at night.

Whatever your reasons for working shifts, you might want to consider some advice about how to maintain your safety and health while doing so. A big part of shiftwork success is getting enough sleep:

- Work out a sleep schedule that suits you. As much as possible, get up and go to sleep at the same time each day, even on weekends. If your sleep schedule must vary, try to ensure that at least four hours of your sleeping period occur at the same time each day.
- Try to sleep in a cool, dark room. Use heavy curtains, shades and possibly ear plugs to muffle sounds. Even a radio playing softly or a fan humming steadily can help to mask disturbing noises.
- Use a routine to unwind before going to bed. Follow regular habits such as reading or drinking a warm beverage (avoid alcohol and caffeine) before you try to go to sleep.
- Enlist the co-operation of family and friends in helping you to sleep undisturbed. Simply letting others know of your sleep and work schedule could help prevent interruptions. It might help to post your schedule where others can see it. A "do not disturb" sign on the front door or the bedroom door could also be useful.
- Seek help from your family and friends in rescheduling events so that you can take part. Make an effort to build a social life into your schedule.
- Eat regular, well-balanced meals to help maintain your health.
- Exercise on a regular basis to enable yourself to sleep (and work) better.
- Find ways to relax regularly. Take your scheduled work breaks and make sure you have some time for recreation.
- Avoid use of drugs such as sleeping pills and stimulants. Alcohol, cigarettes and coffee can all add to sleep disturbances and lower your ability to cope with shiftwork.
- Take into account the possibility you might be more injury-prone if you are working shifts. Stay alert, and follow all safe work practices.

Shiftworkers face these challenges: Shortage of sleep, sleep disturbances, fatigue (both physical and mental), digestive problems, stress, a feeling of isolation from family, friends and the community. Use healthy coping strategies to make shiftwork safe and successful for you.

Shifting to Shiftwork

Safety | Smart!