



RISKIEST Work Schedules

43% of workers report not getting enough sleep. Shift schedules can be a major barrier.



NIGHT SHIFTS

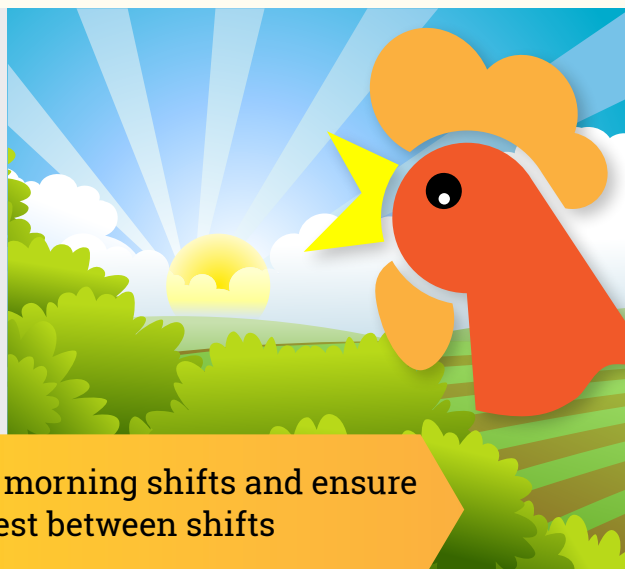
Safety incidents are 30% higher during night shifts



Limit shift length and number of consecutive nights

EARLY MORNING START

Before 7 a.m., body is still in sleep mode



Limit consecutive early morning shifts and ensure ample opportunity for rest between shifts

LONG HOURS

Injury risk increases 13% with a 10-hour shift, 30% with a 12-hour shift

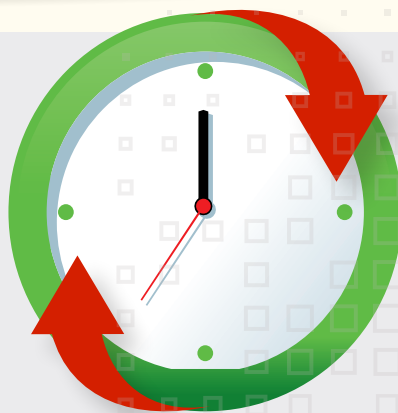


Provide time for recuperative rest by scheduling at least 12 hours between shifts



ROTATING SCHEDULES

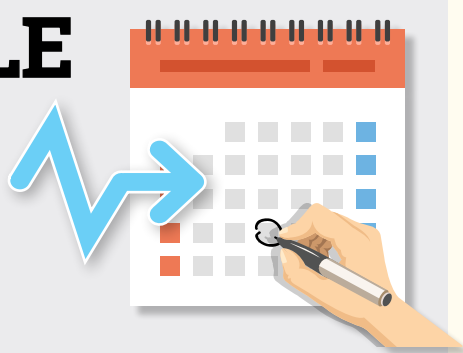
It takes time to adjust to a new schedule, often causing sleep loss



Forward-rotate shifts and provide night-time sleep opportunities between rotations

UNPREDICTABLE SCHEDULES

Any changes to the planned schedule can increase the risk of fatigue



Reduce the occurrence of unplanned schedule changes and provide compensatory rest periods if sleep loss may have occurred