



# Shift Work

*People who cannot work a steady schedule can feel isolated and managers may think that the workers lack self-control.*

## Here is an Example

Lauren, a pipefitter, just had a baby a few months ago. Desperate to pay the bills, she told her supervisor she would work any shift available during the refinery expansion project. For the past week, on Monday, Wednesday, and Friday she worked the day shift. In addition, she worked the night shift on Tuesday and Thursday. By Friday, she was exhausted not only from taking care of her baby, but also from not being able to stay on a consistent schedule. Friday afternoon, she passed out from exhaustion and had to be rushed to the hospital. The doctor told her that her blood pressure was extremely high and she was suffering from lack of sleep.

1. **Have you ever felt too tired to work?**
2. **Did you work anyway or did you call in sick?**
3. **Did you feel pressure to work?**

## Fatigue Management

- Look for signs of chronic fatigue from shift work:
  - Excessive drowsiness
  - Difficulty sleeping
  - Inability to adjust to new schedule
  - Greater time needed to react to normal tasks
  - Inattentiveness
- Take actions to correct the problem:
  - Evaluate whether a rotating shift works with your lifestyle.
  - Discuss alternatives with your supervisor.
  - Take frequent, short breaks (at least every 2 hours).
  - Look for exercise opportunities, especially toward end of shift.
- Determine what works for you and try to stick with it.

## What Are We Going to Do Today?

What will we do here at the worksite today to prevent problems with shift work?

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
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Applicable OSHA Standard: 5(a)(1) of the OSHA Act, The General Duty Clause



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