



Night Shift

Workplace injury records indicate that more injuries occur on night shifts than during day shifts. There are obvious hazards connected with working at night (such as lack of light), but some problems are less obvious. For instance, because changes in weather patterns are difficult to notice at night, rain can quickly cause slick surfaces.

Here is an Example

Shortly after 2:00 a.m., some electricians in Pennsylvania were climbing up a ladder to fix a light during a power outage. One lost his balance and fell because he was blinded by the lights of a car heading down the street. He was treated at the hospital as a safety measure; other than the scare he did not suffer any injuries.

1. What actions can be taken by night workers to ensure that they are as safe as daytime workers?
2. Do you work at night? Have you ever experienced an injury that was related to working at night?

Working at Night

- Install low-level transitional lighting in advanced warning areas and termination areas to ease motorists' adjustment to changing lighting conditions.
- Increase the size of traffic control devices, reflective material, and lettering to improve driver recognition.
- Ensure arrow panels are set at nighttime levels; daytime settings used at night produce blinding light.
- Provide mobile floodlights to give the site visibility.
- Wear reflective vests and clothing. The amount of reflective surface and type of garment depend on the risk a worker is facing. The amount of traffic, speed of traffic, type of work and time of day all affect the choice of garments.

What Are We Going to Do Today?

What will we do here at the worksite today to prevent injuries while working at night?

1. _____

2. _____

OSHA STANDARD: 1926.56

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