Best Practice: Shift Workers



In many industries, falling asleep on the job for even 30 seconds can cause a serious mistake. Yet studies show that 30 to 50% of night shift workers report falling asleep at least once a week while on the job. Sleep issues affect truck and bus drivers, airline pilots, factory workers, police, emergency workers, healthcare providers, hotel employees and anyone else on night or changing shifts.

Shift workers face many challenges, including physical and mental fatigue.

Download this special report, and learn why shift work can be dangerous and what you can do to make the experience safe for employees.