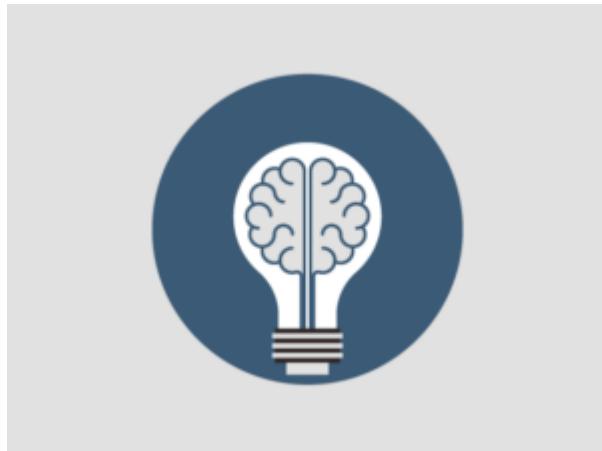


Adapting to the Rhythm of Shiftwork – Quick Course



Course Description

Shiftwork has been associated with health and safety risks, both in and out of work. This quick course covers the dangers of shiftwork and how to keep yourself safe if you are a shiftworker.