Shift Work Bulletin



Handout on hazards and improvements associated with shift work.

Hazards

- Increased heart disease
- Gastric ulcers and gastrointestinal problems
- Social problems and minor psychiatric disorders
- Sleep disorders and increased fatigue
- Increased error rates and accident rates.
- Psychiatric illness
- Epilepsy
- Diabetes
- Heart disease

Help

- Improving lighting conditions
- Provide adequate break times
- Improve breaking facilities
- Monitor & Limit the number of long shifts
- Educate Employees on hazards