Shift Work Safety Topic



Overview of shift work hazards.

Shift Work Shift Work

This section addresses work shifts with either extended hours- or work hours that fall outside of the standard 8-hour workday.

Overview Overview

The standard 8-hour workday is considered to be within the hours of 7 am and 6 pm. According to the National Institute for Occupational Safety and Health (NIOSH), approximately 15 million Americans work hours outside of the standard workday, which is referred to as shift work. It is important to note, that while OSHA does not give specific regulations on shift work, those employees that work shifts are guarded under the General Duty Clause. Due to the irregular work schedule, shift workers are at an elevated risk for stress and other health-related injuries.

Common Hazards of Shift Work Common Hazards of Shift Work

In recent years, it has come to be understood that shift work and…