



KCA TOOL BOX TALK: Shift Work

There are many occupations that require shift work in order to continue business operations. While some individuals choose to work different shifts such as the night shift, there are many people who do so because they need to. It is important for anyone who is working these shifts to understand the hazards associated with it.

Signatures

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____
- 6. _____
- 7. _____
- 8. _____
- 9. _____
- 10. _____
- 11. _____
- 12. _____
- 13. _____
- 14. _____
- 15. _____
- 16. _____
- 17. _____
- 18. _____

Managing Fatigue:

- Look for signs of chronic fatigue from shift work like excessive drowsiness, difficulty sleeping, inability to adjust to new schedule, greater time needed to react to normal tasks and inattentiveness.
- Take actions to correct the problem. For example, evaluate whether a rotating shift works with your lifestyle and discuss alternatives with your supervisor.
- Take frequent, short breaks (at least every 2 hours).
- Look for inability to focus. Less focus can lead to mistakes and thus injuries occurring on the job, especially towards the end of a shift.
- Determine what works for you and try to stick with it.

For more information visit OSHA Standard: 5(a)(1) of the OSHA Act, The General Duty Clause